Better Homes & Gardens

CUT the SUGAR™

Chocolate
Chip Cookies
ONLY 4 GRAMS
added sugars
(vs. 12 grams for
the original)

CRUSH THE *Sugar* HABIT

87
BETTER-
FOR-YOU
RECIPES

COCKTAIL
MAKE-
OVERS

FAVORITE
RESTAURANT
REMAKES

plus
TEST KITCHEN
TIPS TO
LOWER ADDED
SUGARS

2025
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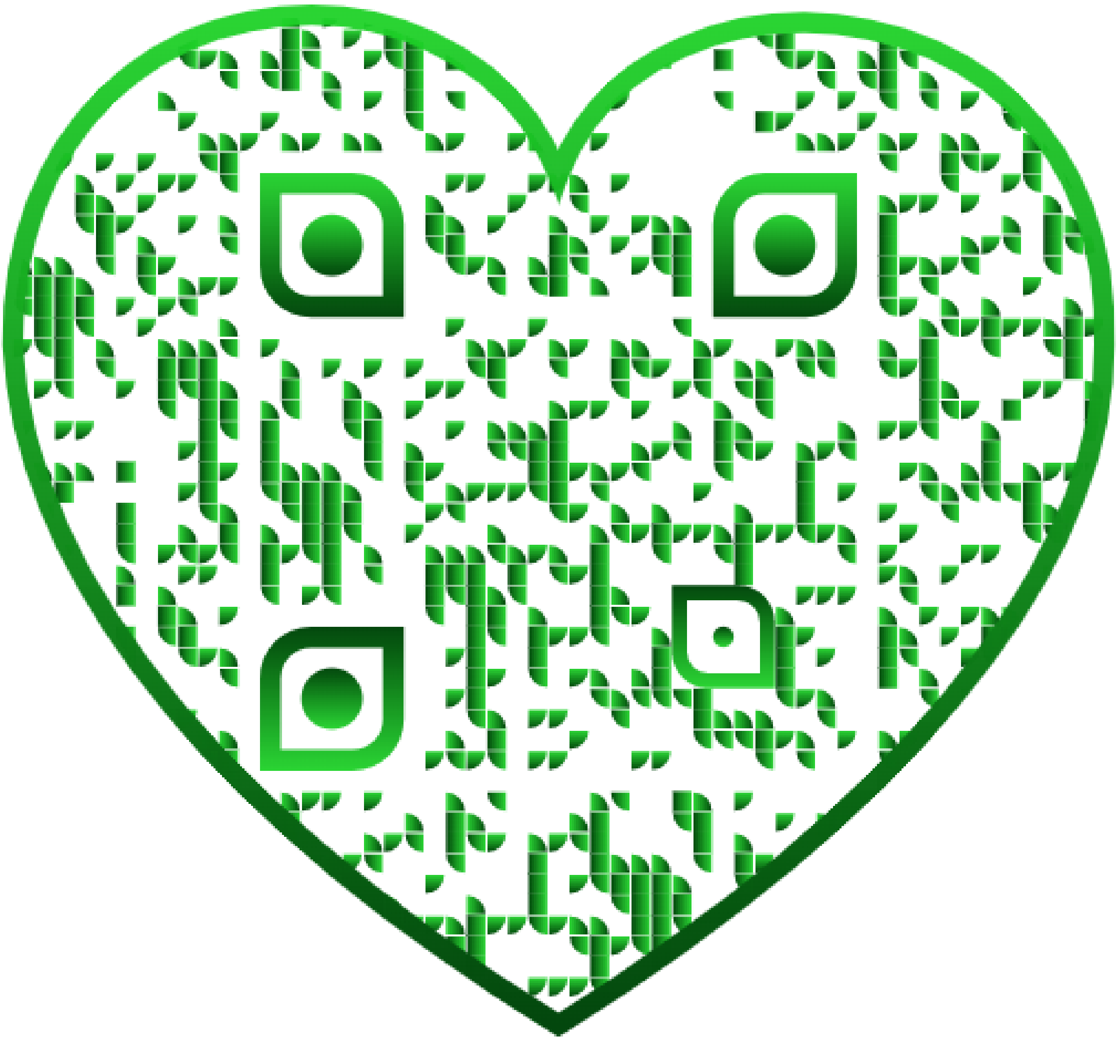

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VANILLA BEAN-BOURBON PUMPKIN PIE
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CRUSH THE SUGAR HABIT

EATING TOO MANY ADDED SUGARS CAN TAKE A TOLL ON YOUR HEALTH, NEGATIVELY IMPACTING MANY PARTS OF THE BODY.

HEART

While saturated fat has long been thought of as the cause of heart disease, newer research points to a link between added sugars and poor heart health. An analysis of more than 11,000 studies found that a diet high in added sugars increased blood pressure, triglycerides, and LDL (bad) cholesterol, all of which contribute to heart disease.

BRAIN

Although the brain needs carbohydrate to do its job, too much of the sweet stuff may impair memory. What's more, excessive sugar intake among adults is associated with poor cognitive function.

PANCREAS

There are many reasons a person can develop type 2 diabetes, but research has found that drinking sugar-sweetened beverages 1 to 2 times a day increased a person's risk for type 2 diabetes by 26 percent.

GUT HEALTH

Some research poses the theory that eating a standard American diet (aka one high in added sugars) may negatively affect the gut-brain connection. Although more research is needed, scientists say added sugars may be bad for our good gut bacteria and in turn harm brain health.

TEETH

It's true that eating too much candy can rot your teeth. Sugar interacts with the saliva and bacteria in your mouth to create an acidic environment, which in turn eats away at the enamel on your teeth and creates cavities.

SKIN

Eating sugar won't directly clog your pores, but it may cause inflammation. Researchers believe the pro-inflammatory nature of sugar may be the culprit of breakouts for some people. Sugary soda consumption has shown to increase risk of acne in adolescents.

NAME GAME

Added sugar goes by many different names. Look closely at ingredients lists for any of the following:

- AGAVE NECTAR
- BARLEY MALT SUGAR
- BEET SUGAR
- CANE JUICE
- CANE JUICE CRYSTALS
- CARAMEL
- CAROB SYRUP
- CASTOR SUGAR
- COCONUT PALM SUGAR
- CONFECTIONERS' SUGAR
- CORN SYRUP
- DEMERARA SUGAR
- DEXTROSE
- EVAPORATED CANE JUICE
- FRUCTOSE
- GLUCOSE
- HIGH FRUCTOSE CORN SYRUP
- HONEY
- MALT SYRUP
- MAPLE SYRUP
- MOLASSES
- POWDERED SUGAR
- RAW SUGAR
- SORGHUM SYRUP
- SUCROSE
- SUGAR
- SYRUP
- TURBINADO SUGAR

Q&A

WHAT'S THE DIFFERENCE BETWEEN NATURAL AND ADDED SUGARS?

Although sugar has a bad rap, ***natural sugars*** are inherently present in nutritious foods, such as fruits, vegetables, whole grains, beans, legumes, nuts, seeds, and dairy. ***Added sugars***, on the other hand, are flavor-enhancing ingredients in processed foods. The main distinction is that foods with natural sugars also have important nutrients, such as protein, fiber, vitamins, and minerals. Foods with added sugars don't add much nutritive value to the diet.

ARE MAPLE AND AGAVE SYRUP, COCONUT SUGAR, AND HONEY THE SAME AS CANE SUGAR?

Some sweeteners—like pure maple syrup, agave syrup, coconut sugar, and honey—may have a health halo, but they aren't all that different from regular old white sugar. All types have 12 grams of sugar or more per tablespoon and are derived from plants, but some—honey, maple syrup, agave—go through less processing than others, such as cane sugar.

ARE SUGAR-FREE PRODUCTS A HEALTHIER OPTION?

It's easy to get fooled into thinking a sugar-free cookie or diet soda is healthier than a food made with the real stuff, but the key is to look at the Nutrition Facts panel and ingredients list of foods you eat. In reality, plenty of research recommends limiting treats whether made with real sugar or sweet substitutes. A registered dietitian (RD or RDN) can help you decide what works best for your lifestyle. While it's perfectly fine to indulge every once in a while, remember the age-old adage: Everything in moderation.

ARE SUGAR SUBSTITUTES AND SUGAR ALCOHOLS SAFE?

For the most part, sugar alcohols, zero-calorie natural sweeteners, and artificial sweeteners are all approved by the FDA and deemed safe for human consumption. Sugar alcohols, like sorbitol and erythritol, are found in fruits and vegetables or are derived from other starches, and zero-calorie natural sweeteners, like stevia and monk fruit, are made from plants. But be cautious of artificial sweeteners—research suggests they may alter the gut microbiome, affecting our health for the worse.

HOW MUCH IS TOO MUCH ADDED SUGARS?

THE AMERICAN HEART ASSOCIATION RECOMMENDS NO MORE THAN

6 to 10 TEASPOONS

OF ADDED SUGARS PER DAY, UP TO 6 FOR WOMEN AND 10 FOR MEN.

That's roughly 100–150 calories and 25–36 grams of added sugars per day.

The Dietary Guidelines for Americans are a little more relaxed, recommending no more than

10%

of calories coming from added sugars.

That's still only 200 calories or 50 grams.

One 12-oz. can of soda can be almost **40 GRAMS** of sugar and 150 calories.

CAN YOU BE ADDICTED TO SUGAR?

Many people struggle with overeating and making poor food choices. They may think about food a lot and feel very emotional about it. That struggle is real, but that's not addiction, says Rebecca L. Corwin, Ph.D., RDN, LDN, professor of nutritional neuroscience at The Pennsylvania State University.

"Some foods are hard to resist because they're pleasurable, not because they're addictive," she says.

Planning to give up favorite foods, however, often makes the problem worse and the cravings stronger. Intense cravings may also come from feelings of discomfort or even happiness, says Susan Albers-Bowling, Psy.D., psychologist at the Cleveland Clinic.

Memories of being comforted may bring on cravings during stressful times. For example, hungering for Mom's homemade cookies may indicate a need to be soothed after a difficult day.

But that's a complicated emotional reaction, not addiction. "We don't usually crave sugar right out of the sugar bowl," Albers-Bowling says.

Instead, we're seeking the experience certain foods can give us or have given us in the past. There's no need to go cold turkey. Instead, check in with your emotions when a craving hits. Are you truly hungry or are you feeling stressed? If it's stress, find ways to decompress, such as going on a walk, painting, or meditating.

sneaky SUGAR TRAPS

ADDED SUGARS ARE LURKING IN YOUR KITCHEN IN FOODS YOU MAY NOT REALIZE. TAKE STOCK OF YOUR PANTRY, FRIDGE, AND FREEZER, AND LOOK CLOSELY AT INGREDIENTS LISTS FOR ANY OF THE FOLLOWING ITEMS.

SALAD DRESSINGS

Beware of low-fat and fat-free types—manufacturers add sugar to fill in flavor and texture where they cut fat. Don't fear fat—instead opt for dressings containing healthy fats, such as olive and avocado oils. Or make your own healthier versions.

Check out our homemade dressings on p. 62.

CANNED FRUITS

Canned fruits are often packed in syrups to improve mouthfeel. Watch for labels claiming to be "light," as the syrup still contains added sugars.

Buy varieties packed in water or their own juice. Or opt for frozen fruit instead.

NUT MILKS

Because of the high cost of nuts, most nut milks are mainly sugar and water with barely a handful of the real deal. If you're lactose intolerant or just prefer dairy-free, look for unsweetened varieties.

DRIED FRUITS

Because some fruits become tart during drying, manufacturers add sugar. Always buy unsweetened varieties.

FROZEN MEALS

Many frozen dinners use sweet sauces such as teriyaki to make the foods taste better. And low-fat frozen meals are often the worst offenders, containing heaps of sugar to compensate for the missing fat.

FRUIT JUICES

By law, manufacturers can use the word "juice" only if a product is made 100% from fruit. Other products must contain words like "drink" or "concentrate" next to "juice" on packaging.

Look for 100% juice on the label, and it's best to limit servings to 4 ounces daily.

BARBECUE SAUCES

Barbecue sauce adds zest to our favorite meats, but it tends to slather on the sweet stuff. Manufacturers often add sugar to barbecue sauces. Go for smoky- and hot-flavor varieties instead. A quick check: The sauce shouldn't list sugar in the first few ingredients.

Check out our homemade barbecue sauce on p. 61.

ENERGY AND GRANOLA BARS

Grabbing on-the-go bars when you're in a rush can seem like a healthy time-saver—until you read the labels. Rather than relying on the naturally occurring flavors in fruits and nuts, some manufacturers throw in added sugars. In the end, many are glorified candy bars.

FLAVORED YOGURTS

Plain yogurt gets its sweetness from naturally occurring lactose, but your palate may be used to the extra-sweet taste of flavored yogurts. Most fruit-filled yogurts are sugar and syrup traps. Instead, jazz up plain yogurt with mix-ins at home.

Try this! Buy plain Greek yogurt and add your own toppings, such as fresh fruits and chopped nuts.

PASTA SAUCES

Tomatoes are naturally acidic, so many manufacturers add sugar to pasta sauces to improve flavor.

Making your own sauce at home puts you in the driver's seat. Add spices and herbs such as oregano and basil. Not a cook? Shop for unsweetened varieties and keep portions small.

GRAB-AND-GO BAKERY GOODS, CEREAL BARS, FLAVORED YOGURTS, AND INSTANT OATMEALS MAY BE CONVENIENT OPTIONS, BUT THEY'RE OFTEN CHOCK-FULL OF ADDED SUGARS,

SMART STARTS

WHICH CAN MAKE YOU FEEL SLUGGISH BY MIDMORNING. FUEL YOUR DAY WITH ONE OF THESE LOWER-ADDED-SUGAR ALTERNATIVES.

5G
ADDED SUGARS

BLUEBERRY CEREAL BARS

HANDS ON 15 minutes **BAKE** 20 minutes at 325°F **COOL** 40 minutes

3	**cups regular rolled oats, toasted**
1	**cup no-sugar-added crisp rice cereal (such as Arrowhead Mills brand)**
⅔	**cup unsweetened dried blueberries and/or raisins**
½	**cup chopped almonds and/or pecans, toasted**
½	**cup brown rice syrup**
½	**cup almond butter**
2	**Tbsp. salted butter**
2	**Tbsp. chia seeds**
1	**tsp. vanilla**
¼	**tsp. salt**
¼	**tsp. almond extract (optional)**
2	**egg whites (¼ cup)**

1. Preheat oven to 325°F. Line a 13x9-inch baking pan with parchment paper, extending paper over two sides.

2. In a large bowl combine oats, rice cereal, dried blueberries, and almonds.

3. In a microwave-safe bowl combine rice syrup, almond butter, butter, chia seeds, vanilla, salt, and almond extract (if using). Microwave 30 seconds to 1 minute (or heat in a saucepan over medium 1 minute). Stir into oat mixture until evenly combined. Stir in egg whites until combined. Transfer to prepared pan and firmly press into the pan with the back of a measuring cup.

4. For chewier bars, bake until just barely golden around the edges and still soft in the middle, 20 to 25 minutes. For crunchier bars, bake until golden brown around the edges and somewhat firm in the middle, 25 to 30 minutes. (Both will still be soft when warm and firm up as they cool.)

5. Let cool in pan 10 minutes. Run a knife around edges of pan to gently loosen bars. Use parchment to lift bars from pan and place on a cutting board (bars will still be soft). Cut in half lengthwise, then cut crosswise to make 18 rectangular bars. Let cool completely without separating the bars, about 30 minutes more. Once cool, separate into bars. **Makes 18 bars.**

TO STORE Place bars in an airtight container. Store at room temperature up to 3 days.

PER BAR *182 cal, 8 g fat (2 g sat fat), 3 mg chol, 89 mg sodium, 24 g carb, 2 g fiber, 9 g total sugars, 5 g pro*

9G
ADDED SUGARS

HIGH-PROTEIN WHOLE GRAIN WAFFLES WITH BERRY-ORANGE TOPPER

START TO FINISH 30 minutes

1	**24-oz. container low-fat cottage cheese**
1	**cup all-purpose flour**
½	**cup whole wheat flour**
¼	**cup toasted wheat germ**
2	**Tbsp. sugar**
1	**Tbsp. baking powder**
¼	**tsp. salt**
½	**cup low-fat milk**
3	**egg whites**
¼	**cup almond butter or peanut butter**
¼	**cup vegetable oil**
½	**cup orange fruit spread or marmalade (tip, *far right*)**
1½	**cups fresh berries (such as blueberries, sliced strawberries, and/or raspberries)**

1. Place undrained cottage cheese in a blender. Cover and blend until very smooth, about 30 seconds (you should have about 2½ cups). Set aside 1½ cups of the whipped cottage cheese. Chill remaining 1 cup whipped cottage cheese in an airtight container until ready to serve or up to 1 week.

2. In a medium bowl combine flours, wheat germ, sugar, baking powder, and salt. In another bowl whisk together reserved 1½ cups whipped cottage cheese, the milk, egg whites, almond butter, and oil. Add to flour mixture. Stir just until moistened. (If you like, cover and chill batter up to 2 days.)

3. Add batter to a preheated, lightly greased waffle baker according to manufacturer's directions (use a regular or Belgian waffle baker). Close lid quickly; do not open until done. Cook each waffle until toasted and set, about 4 minutes. When done, use a fork to lift waffle off grid.

4. To make berry mixture, heat fruit spread in a small saucepan until melted. Add berries; heat through. Serve waffles topped with remaining 1 cup whipped cottage cheese and berry mixture. **Makes 8 servings** (two 4-inch waffles + 2 Tbsp. whipped cottage cheese + 3 Tbsp. berry topper each).

MAKE AHEAD Cool waffles on a wire rack. Layer waffles between waxed paper in an airtight container. Chill up to 5 days or freeze up to 1 month. Reheat waffles in a toaster.

PER SERVING *335 cal, 14 g fat (3 g sat fat), 11 mg chol, 501 mg sodium, 37 g carb, 3 g fiber, 15 g total sugars, 16 g pro*

CUT THE SUGAR

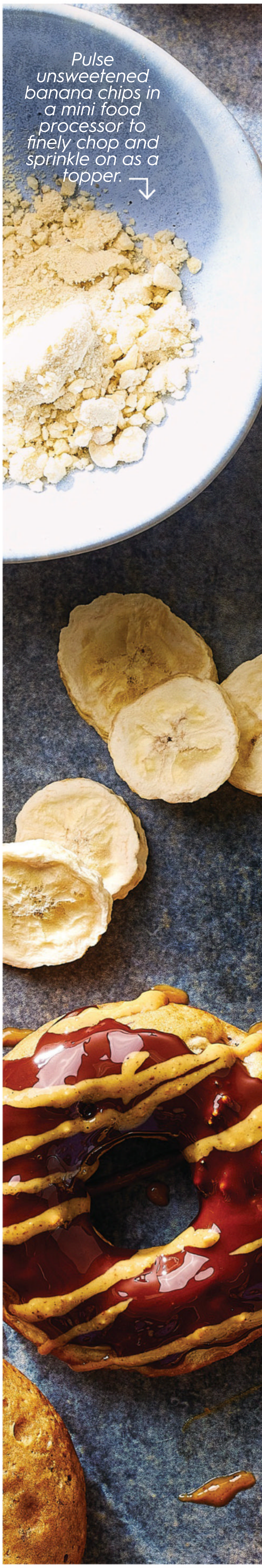
Look for a fruit spread or marmalade with no more than 7 grams of added sugars per tablespoon. If you like, to cut sugar further, use a product labeled "no sugar added" or "sugar free."

HEALTH BOOST

These better-for-you whole wheat waffles can easily slip into your weekday rotation if you make them ahead and stow them in the freezer. Compared to typical grocery store frozen waffles, these have four times the protein (courtesy of a carton of low-fat cottage cheese) and twice the fiber.

SECRET INGREDIENT

Not a fan of cottage cheese? Hear us out: Once it's blended, you'll never know it's in the waffles or the creamy topping.



Pulse unsweetened banana chips in a mini food processor to finely chop and sprinkle on as a topper. ↓

BETTER BLEND

Banana bread meets donuts in this healthier version of the breakfast staples. A typical slice of banana bread can contain 11 grams of added sugars, while a typical chocolate frosted cake donut may have upward of 20 grams of added sugars.

Place peanut butter in a small microwave-safe bowl and heat 20 seconds until pourable consistency. ↲

↑ *Roughly chop chocolate and place in a small microwave-safe bowl. Heat in 20-second intervals until melted, stirring after each.*

BANANA BREAD RINGS

8G ADDED SUGARS

HANDS ON 25 minutes
BAKE 12 minutes at 350°F
COOL 3 minutes

- **Nonstick cooking spray**
- **2 cups all-purpose flour**
- **¾ tsp. baking soda**
- **½ tsp. ground cinnamon**
- **¼ tsp. baking powder**
- **¼ tsp. salt**
- **1 cup mashed bananas (2 medium)**
- **1 egg, lightly beaten**
- **¼ cup plain low-fat yogurt**
- **¼ cup honey**
- **2 Tbsp. canola oil**
- **1 tsp. vanilla**
- **2 oz. dark chocolate, melted (tip, *below left*)**
- **¼ cup creamy no-sugar-added peanut butter, slightly warmed (tip, *below, far left*)**
- **¼ cup unsweetened freeze-dried banana chips, finely chopped (tip, *above left*)**

1. Preheat oven to 350°F. Coat a standard-size (3½-inch) donut pan* or twelve 2½-inch muffin cups with cooking spray.

2. In a large bowl stir together flour, baking soda, cinnamon, baking powder, and salt. In a medium bowl combine mashed bananas, egg, yogurt, honey, oil, and vanilla until smooth. Stir banana mixture into flour mixture until incorporated.

3. Spoon batter into a large resealable plastic bag. Using scissors, cut off a corner of bag; squeeze batter into prepared pan, filling each cup about two-thirds full. Smooth tops with a greased spoon.

4. Bake until rings are nearly firm when lightly pressed, 12 to 15 minutes. Cool in pan on a wire rack 3 minutes. Turn rings out of pan onto wire rack; cool completely. Dip in and/or drizzle with chocolate and peanut butter. Sprinkle with banana chips. Let stand until drizzle is set.

Makes 12 rings.

***TIP** If needed, bake rings in donut pan in two batches, washing pan and coating again with cooking spray before filling with the remaining batter.

PER RING *209 cal, 7 g fat (2 g sat fat), 16 mg chol, 166 mg sodium, 31 g carb, 2 g fiber, 11 g total sugars, 5 g pro*

3G
ADDED SUGARS

TROPICAL OVERNIGHT OATS

HANDS ON 10 minutes **CHILL** 6 hours

2	**cups regular rolled oats**
1	**14-oz. can unsweetened light coconut milk**
½	**cup plain low-fat yogurt**
2	**tsp. honey**
1	**tsp. vanilla**
½	**cup chopped mango**
½	**cup chopped kiwi**
	Toasted unsweetened large coconut flakes (optional)

In a medium bowl combine oats, coconut milk, yogurt, honey, and vanilla. Divide mixture among four half-pint jars or bowls. Chill, covered, at least 6 hours or overnight. Serve each jar with 2 Tbsp. chopped mango, 2 Tbsp. chopped kiwi, and, if you like, coconut flakes. **Makes 4 servings** (¾ cup oats + ¼ cup toppers each).

PER SERVING *278 cal, 10 g fat (7 g sat fat), 2 mg chol, 46 mg sodium, 39 g carb, 1 g fiber, 10 g total sugars, 8 g pro*

YOU CAN EAT DIRECTLY OUT OF THE JAR OR POUR IT INTO A BOWL TO SERVE.

0G
ADDED SUGARS

BERRY PUNCH-STYLE SMOOTHIES

START TO FINISH 5 minutes

- 1 **cup 100% juice apple-berry blend, chilled**
- 1 **cup frozen whole or sliced unsweetened strawberries**
- 1 **cup frozen unsweetened mixed berry blend (strawberries, blueberries, and raspberries)**
- ¼ **cup unsweetened coconut water, chilled**
- ¼ **to ½ cup ice cubes**
- **Fresh berries (optional)**

In a blender combine all ingredients. Cover and blend until smooth, stopping to scrape down sides as needed. Top smoothie with fresh berries (if using). **Makes 2 servings** (1¼ cups each).

PER SERVING *127 cal, 0 g fat, 0 mg chol, 16 mg sodium, 33 g carb, 4 g fiber, 25 g total sugars, 1 g pro*

CUT THE SUGAR

While a smoothie may seem like a healthy choice, many have added sweeteners. A 20-oz. Berry Punch smoothie from Smoothie King has 26 grams of added sugars.

SKIP THE LINES (AND THE ADDED SUGARS) AND MAKE JAVA AT HOME. SIGNATURE COFFEE DRINKS FROM POPULAR CHAINS CAN SURPASS THE ENTIRE DAILY ALLOWANCE FOR ADDED SUGARS IN JUST ONE

READY, SET, JOE!

16-OUNCE CUP! START WITH A DATE-SWEETENED COFFEE CREAMER AND YOU CAN BREW BARISTA-WORTHY MOCHAS, FRAPPES, AND LATTES AT HOME WITH FAR FEWER GRAMS OF ADDED SUGARS.

0G
ADDED SUGARS

DATE COFFEE CREAMER

START TO FINISH 5 minutes

2	**pitted Medjool dates (1 oz.)**
2	**cups MILK, divided (options, *below*)**
½	**tsp. EXTRACT or 2 tsp. MIX-IN (options, *below*)**

In a blender* combine dates, 1 cup MILK, and EXTRACT or MIX-IN. Cover and blend until very smooth, about 2 minutes. Add remaining MILK; blend to combine. Transfer to a 1-pint Mason jar; chill up to 1 week. Shake well before using. **Makes 16 servings** (2 Tbsp. each).

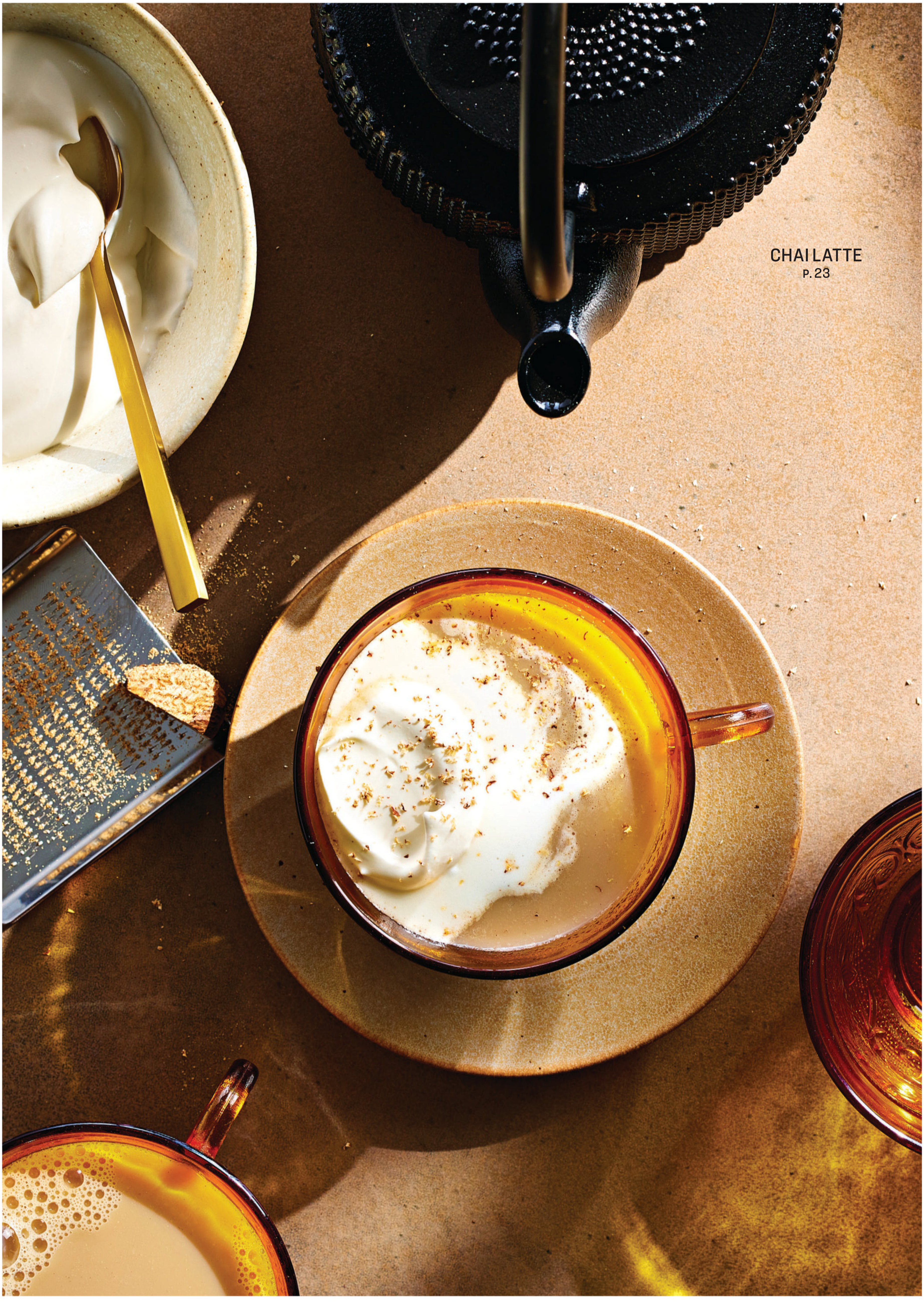
***TIP** For best results, use a high-power blender.

MILK dairy milk, half-and-half, heavy cream, oat milk, soy milk, almond milk, or coconut milk beverage.

EXTRACT vanilla, caramel, cinnamon, or peppermint.

MIX-IN Homemade Chai Spice *(p. 48)*, pumpkin pie spice, or 2 Tbsp. unsweetened cocoa powder.

MEDJOOL DATES
Their sweet taste and soft texture make them ideal for blending and naturally sweetening drinks.



CHAI LATTE
P. 23

0G
ADDED SUGARS

VANILLA BEAN CREAM FRAPPÉ

START TO FINISH 5 minutes

- **1 cup Vanilla Date Coffee Creamer *(p. 17)***
- **1 cup ice**
- **½ tsp. vanilla bean paste**
- **1 Tbsp. Vanilla Whipped Cream *(below)***

In a blender combine Vanilla Date Coffee Creamer, ice, and vanilla bean paste. Cover and blend until smooth. Transfer to a glass. Top with Vanilla Whipped Cream. **Makes 1 serving** (16 oz.).

PER SERVING *248 cal, 10 g fat (6 g sat fat), 36 mg chol, 100 mg sodium, 32 g carb, 2 g fiber, 30 g total sugars, 9 g pro*

VANILLA WHIPPED CREAM

Research shows vanilla can increase the perception of sweetness in a dish. Instead of sweetened whipped cream, try this: In a medium bowl combine 1 cup heavy cream and 1 tsp. vanilla extract. Beat with a mixer on medium until soft peaks form (tips curl). Do not overbeat. Makes 2 cups.

CUT THE SUGAR

A medium Berry White Mocha from Caribou Coffee includes 53 grams of added sugars. For our version, we compared the added sugars in brands of white chocolate chips and found Ghirardelli had the lowest amount. But to cut it further, you can use no-sugar-added white chocolate-style chips, such as Lily's.

RASPBERRY WHITE CHOCOLATE MOCHA
P. 23

FOR A SWEETER MOCHA, INCREASE THE AMOUNT OF CREAMER AND DECREASE THE AMOUNT OF MILK.

1G ADDED SUGARS

MOCHA FRAPPÉ

HANDS ON 5 minutes
FREEZE 4 hours

- **6 Frozen Coffee Cubes *(below)***
- **½ cup Cocoa Date Coffee Creamer *(p. 17)***
- **Pinch salt**
- **1 Tbsp. Vanilla Whipped Cream *(p. 19)***
- **Melted dark chocolate (optional)**

In a blender combine Frozen Coffee Cubes, Cocoa Date Coffee Creamer, and salt. Cover and blend until smooth. Top with Vanilla Whipped Cream and melted chocolate (if using). **Makes 1 serving** (8 oz.).

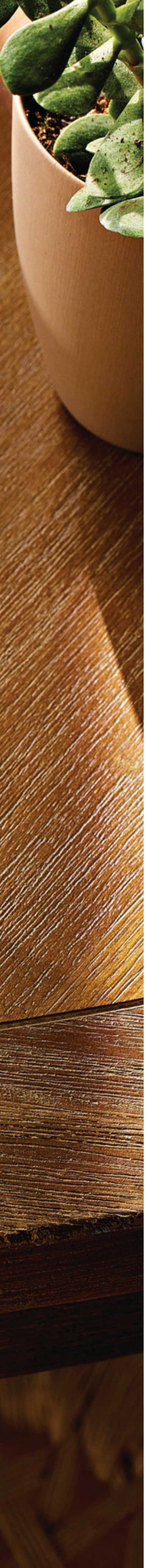
PER SERVING *139 cal, 6 g fat (4 g sat fat), 18 mg chol, 199 mg sodium, 18 g carb, 2 g fiber, 15 g total sugars, 5 g pro*

FROZEN COFFEE CUBES

Fill an ice cube tray with 1½ cups strong brewed coffee or cold brew. Freeze until firm, about 4 hours. Makes 12 coffee cubes. (For longer storage, transfer frozen cubes to a freezer bag. Label and freeze up to 3 months.)

If you like, top with a sugar-free caramel-flavor sauce.

SIGNATURE CARAMEL LATTE



10% OF DAILY ADDED-SUGAR INTAKE FOR AMERICAN ADULTS COMES FROM COFFEE AND TEA.

— National Institutes of Health

0G
ADDED SUGARS

SIGNATURE CARAMEL LATTE

START TO FINISH 5 minutes

- **2 oz. prepared espresso (2 shots)**
- **⅔ cup Caramel Date Coffee Creamer *(p. 17)***

Pour espresso into a latte cup. In a small saucepan heat Caramel Date Coffee Creamer over very low heat until it just barely simmers and gently bubbles along the edges. As creamer is warming, use a milk frother or whisk quickly to create froth. Pour the creamer into the latte cup and spoon a bit of foam on top. **Makes 1 serving** (8 oz.).

PER SERVING *236 cal, 14 g fat (9 g sat fat), 47 mg chol, 81 mg sodium, 22 g carb, 1 g fiber, 20 g total sugars, 7 g pro*

0G
ADDED SUGARS

CHAI LATTE

PICTURED ON P. 18
START TO FINISH 5 minutes

- **½ cup boiling water**
- **1 black tea bag or 1 tsp. loose tea**
- **½ cup Chai Spice Date Coffee Creamer *(p. 17)***
- **1 Tbsp. Vanilla Whipped Cream *(p. 19)***
- **Grated fresh nutmeg or Homemade Chai Spice *(p. 48)* (optional)**

1. Add the water and tea bag to a mug or place loose tea in a tea diffuser and place in the mug. Cover and steep according to package directions, or 3 to 5 minutes. Remove and discard tea bag or loose tea.
2. Meanwhile, in a small saucepan heat Chai Spice Date Coffee Creamer over medium until steaming. Add to tea. Top with Vanilla Whipped Cream and (if using) nutmeg. **Makes 1 serving** (8 oz.).

PER SERVING *112 cal, 5 g fat (3 g sat fat), 18 mg chol, 51 mg sodium, 15 g carb, 1 g fiber, 13 g total sugars, 4 g pro*

10G
ADDED SUGARS

RASPBERRY WHITE CHOCOLATE MOCHA

PICTURED ON P. 20
START TO FINISH 5 minutes

- **½ cup milk**
- **½ cup Vanilla Date Coffee Creamer *(p. 17)***
- **1½ Tbsp. white chocolate chips (tip, *p. 20*)**
- **2 oz. prepared espresso (2 shots)**
- **2 tsp. freeze-dried raspberry powder**
- **2 Tbsp. Vanilla Whipped Cream *(p. 19)***

1. In a small saucepan combine milk, Vanilla Date Coffee Creamer, and white chocolate chips. Heat over medium until milk is just steaming and chocolate chips are melted, whisking constantly. Remove from heat.
2. In a large coffee mug combine hot milk mixture, the espresso, and raspberry powder. Top with Vanilla Whipped Cream and, if you like, additional raspberry powder. **Makes 1 serving** (10 oz.).

PER SERVING *290 cal, 15 g fat (10 g sat fat), 41 mg chol, 129 mg sodium, 32 g carb, 1 g fiber, 29 g total sugars, 10 g pro*

CUTTING THE SUGAR IN RECIPES CAN BE DISASTROUS—AND WE'RE NOT JUST TALKING FLAVOR. LEARN THE SMART HACKS

THE SCIENCE OF SUGAR

WE EMPLOYED TO GET THESE BEST-LOVED DESSERTS WITH TEST KITCHEN-APPROVED RESULTS (NO SCIENCE DEGREE REQUIRED!).

3G
ADDED SUGARS

BROWNED BUTTER APPLE-MAPLE SNACK CAKE

HANDS ON 15 minutes
COOK 7 minutes
BAKE 20 minutes at 350°F

1	**cup white whole wheat flour**
1	**tsp. baking powder**
¾	**tsp. apple pie spice**
¼	**tsp. salt**
⅓	**cup salted butter**
¼	**cup packed brown sugar**
3	**Tbsp. pure maple syrup**
1	**egg**
2	**tsp. vanilla**
1½	**cups peeled and chopped Braeburn or other cooking apples**
¼	**cup sliced almonds**

1. Preheat oven to 350°F. Grease an 8-inch square baking pan (tip, *above right*). In a medium bowl stir together first four ingredients (through salt).

2. In a small saucepan melt butter over low. Continue cooking, stirring often, until butter smells nutty and turns a delicate light brown, 7 to 10 minutes. Remove from heat and transfer butter to a medium bowl. Stir in brown sugar and maple syrup. Stir in egg and vanilla. Stir in flour mixture just until combined. Fold in apples. Spread batter in prepared pan. Sprinkle with almonds.

3. Bake until a toothpick inserted in the center comes out clean, 20 to 23 minutes. Cool in pan on a wire rack. Serve warm or cooled. **Makes 16 bars.**

PER BAR *101 cal, 5 g fat (3 g sat fat), 22 mg chol, 102 mg sodium, 13 g carb, 1 g fiber, 7 g total sugars, 2 g pro*

If you like, line the pan with parchment paper with a 2-inch overhang before greasing. Lift the parchment to easily remove the cake from pan.

1G ADDED SUGARS

VANILLA WAFERS

HANDS ON 30 minutes
BAKE 12 minutes per batch at 350°F

½	**cup salted butter, softened**
⅓	**cup sugar**
1	**tsp. baking powder**
¼	**tsp. salt**
1	**egg**
4	**tsp. vanilla**
1½	**cups all-purpose flour**

1. Preheat oven to 350°F. Line a cookie sheet with parchment paper.

2. In a large bowl beat butter with a mixer on medium 30 seconds. Add sugar, baking powder, and salt. Beat until combined, scraping bowl as needed. Beat in egg and vanilla. Beat in flour. If needed, chill dough, covered, until easy to handle.

3. Shape measuring teaspoons of dough into balls;* place 1 inch apart on prepared cookie sheet. Using a floured flat-bottom glass, flatten into 1½-inch rounds.

4. Bake until edges are golden, about 12 minutes. Cool on cookie sheet. **Makes 52 cookies.**

***TIP** Or use a #60 or #70 cookie scoop (2-tsp. capacity) to shape mounds of dough, then divide each in half.

PER COOKIE *36 cal, 2 g fat (1 g sat fat), 8 mg chol, 36 mg sodium, 4 g carb, 0 g fiber, 1 g total sugars, 1 g pro*

CUT THE SUGAR

With less sugar, this vanilla wafer version is softer and lighter in color than the traditional wafer, but taste-testers agreed: It has plenty of bold vanilla flavor.

4G
ADDED
SUGARS

CHOCOLATE CHIP COOKIES

HANDS ON 25 minutes **BAKE** 6 minutes per batch at 375°F **COOL** 2 minutes

½	**cup salted butter, softened**
½	**cup shortening**
½	**cup packed brown sugar**
1	**tsp. baking soda**
1	**tsp. salt**
2	**eggs**
2	**Tbsp. honey**
1	**Tbsp. vanilla**
2	**cups all-purpose flour**
4	**oz. dark chocolate, finely chopped**

1. Preheat oven to 375°F. In a large bowl beat butter and shortening with a mixer on medium to high 30 seconds. Add brown sugar, baking soda, and salt. Beat on medium 2 minutes, scraping bowl as needed. Beat in eggs, honey, and vanilla. Beat in flour. Stir in chocolate.

2. Drop dough by measuring teaspoons or a small cookie scoop (#60 or #70, or 2-tsp. capacity) 2 inches apart onto an ungreased cookie sheet. Bake just until edges are light brown (cookies may not appear set), about 6 minutes. Cool on cookie sheet 2 minutes. Remove; cool on a wire rack. Repeat with remaining dough. **Makes 54 cookies.**

TO STORE Layer cookies between waxed paper in an airtight container. Store at room temperature up to 1 day, chill up to 3 days, or freeze up to 1 month.

PER COOKIE *73 cal, 4 g fat (2 g sat fat), 12 mg chol, 84 mg sodium, 7 g carb, 0 g fiber, 4 g total sugars, 1 g pro*

CUT THE SUGAR

The standard chocolate chip cookie recipe has roughly triple the added sugars of our version. Because sugar provides texture and structure to recipes, these low-sugar cookies bake up soft and cakelike.

BROWN SUGAR

A mix of granulated sugar and molasses, brown sugar is classified as light or dark, the latter having more molasses. They can be used interchangeably. Pack brown sugar firmly into a dry measuring cup with the back of a spoon until it's level with the cup's rim. Brown sugar should hold the shape of the measuring cup when you turn it out. If brown sugar is not packed, air pockets form and the amount of sugar will be less, impacting the final result.

COCONUT SUGAR
This unrefined sugar is less sweet with notes of caramel. It's made by collecting the liquid sap from a cut coconut palm and then heated until the water is evaporated.

BROWNIES ARE LESS CRUMBLY AND EASIER TO CUT AFTER CHILLING OVERNIGHT.

11G ADDED SUGARS

SWEET POTATO FUDGY BROWNIES

HANDS ON 20 minutes **BAKE** 30 minutes at 325°F

- **½ cup coconut sugar or granulated sugar**
- **⅓ cup all-purpose flour**
- **⅓ cup unsweetened cocoa powder**
- **1½ tsp. baking soda**
- **⅛ tsp. salt**
- **1 cup almond butter**
- **¾ cup mashed cooked sweet potato***
- **¼ cup honey**
- **1 tsp. vanilla**
- **3 oz. bittersweet chocolate, finely chopped**

1. Preheat oven to 325°F. Line an 8-inch square baking pan with parchment paper, leaving a 2-inch overhang. In a medium bowl stir together first five ingredients (through salt).

2. In a large bowl combine next four ingredients (through vanilla). Stir in flour mixture just until combined. Stir in chocolate. Spread batter in prepared pan.

3. Bake until top is puffed and appears dry and a bit shiny, 30 to 35 minutes. Cool in pan on a wire rack. Use parchment to lift brownies from pan. Cut into bars (tip, *above*). If you like, dust with additional cocoa powder. **Makes 16 brownies.**

TO STORE Transfer to an airtight container and chill up to 3 days.

***TIP** Peel one 8-oz. sweet potato and cut into 2-inch pieces. Place sweet potato in a steamer basket in a saucepan. Add water to saucepan to just below basket. Bring to boiling; reduce heat. Steam, covered, 18 minutes or until very tender. Press sweet potato through a ricer or mash with a potato masher.

PER BROWNIE *188 cal, 11 g fat (3 g sat fat), 0 mg chol, 185 mg sodium, 21 g carb, 4 g fiber, 13 g total sugars, 4 g pro*

0G
ADDED
SUGARS

NO-ADDED-SUGAR RICH CHOCOLATE CAKE

HANDS ON 25 minutes **BAKE** 30 minutes at 325°F **COOL** 10 minutes

	Nonstick cooking spray
1¼	**cups unsweetened applesauce, divided**
¾	**cup pitted dried plums (prunes)**
⅔	**cup salted butter**
1½	**cups all-purpose flour**
½	**cup unsweetened cocoa powder**
1½	**tsp. baking powder**
1	**tsp. salt**
½	**tsp. baking soda**
2	**eggs**
⅓	**cup milk**
2	**tsp. vanilla**
1	**6-oz. container fresh raspberries**
	Vanilla Whipped Cream *(p. 19)* (optional)
	Chocolate curls (optional)

1. Preheat oven to 325°F. Coat a 9-inch springform pan with cooking spray. In a medium saucepan combine 1 cup of the applesauce, the dried plums, and butter. Cook over medium until butter is melted and mixture just begins to simmer, 8 minutes. Remove from heat and let stand 5 minutes.

2. Meanwhile, in a large bowl stir together flour, cocoa powder, baking powder, salt, and baking soda. Transfer applesauce mixture to a blender or food processor. Cover and blend or process until smooth.

3. In a large bowl beat eggs with a mixer on medium until blended. Slowly add applesauce mixture, beating until combined. On low speed, beat in half of the flour mixture, then milk and vanilla, then remaining flour mixture. Spread batter into prepared springform pan. Bake until a toothpick comes out with moist crumbs, about 30 minutes. Cool in pan on a wire rack 10 minutes. Remove from pan; cool completely.

4. In a food processor or blender combine raspberries and remaining ¼ cup applesauce. Cover and process or blend until pureed. Strain through a sieve; discard seeds. If using, top cake with Vanilla Whipped Cream and chocolate curls. Serve with raspberry puree. **Makes 12 servings** (1 slice each).

PER SERVING *217 cal, 12 g fat (7 g sat fat), 58 mg chol, 343 mg sodium, 26 g carb, 4 g fiber, 7 g total sugars, 4 g pro*

SECRET INGREDIENTS

Prunes are dried plums. And they not only are naturally sweet (and an excellent sugar replacement), but also provide heart-healthy potassium and fiber. Applesauce also provides moisture and subtle sweet flavor to make up for the lack of sugar.

GREAT EXPECTATIONS

REDUCING SUGARS IN A RECIPE WILL AFFECT THE FINAL OUTCOME. HERE'S HOW ADDED SUGARS AFFECT BAKED GOODS:

COLOR

Heating sugar creates a browning effect. With less sugar, a baked good will end up with a lightly golden or pale color.

MOISTURE

Sugar is hygroscopic, meaning it absorbs moisture. Basically, the more sugar, the more moist the result. The less sugar in a recipe, the more likely it is to be dry (unless other adjustments are made).

STRUCTURE

Because sugar loves water, it attracts water away from protein and starch, which helps limit gluten development. Too much gluten development results in a dense, tough product. And when the sugar bakes, it recrystallizes for a crispy yet tender texture.

SHELF LIFE

Too much water activity (aka moisture) in a baked good will promote microbial growth and stale more easily. Since sugar soaks up that water, baked goods with more sugar will have an extended shelf life compared to baked goods with less sugar.

SWEETENER SWAP

Honey and sugar are not a 1:1 swap in recipes. Honey has more liquid, is more acidic, and is sweeter than sugar. Honey, agave, and pure maple syrup can be swapped 1:1 with relatively similar results.

IN GENERAL, USE 1/2 TO 2/3 CUP HONEY FOR EVERY 1 CUP OF SUGAR.

GRANULATED SUGAR COMES FROM THE JUICE OF SUGAR CANE AND SUGAR BEETS, WHICH UNDERGOES PROCESSING TO FORM THE SWEET WHITE CRYSTALS.

SYRUP: PURE VS. TABLE

Pure maple syrup is made by concentrating the sap of a sugar maple tree. It takes a trip to a sugarhouse, where it's processed through an evaporator, which boils the sap down into syrup. From there, it can be bottled for purchase.

This nature-derived syrup is different from ***maple-flavor table syrup.*** The considerably less expensive table syrup stocked next to pure maple syrup has a much different source: This pancake topping is made with corn syrup and/or high fructose corn syrup, along with caramel coloring and maplelike flavorings, giving it a look and taste similar to the pure stuff.

Maple-flavor table syrup is not ideal for baking and should not be used in place of pure maple syrup.

WHEN YOU NEED IT SWEET,
BRING THE HEAT. GRILLING, ROASTING,
AND POACHING CARAMELIZE FRUITS'
NATURAL SUGARS, BRINGING OUT

HEAT SEEKERS

THEIR SWEETNESS (AND JUICINESS!) IN
EVERY BITE SO YOU CAN RELY LESS ON ADDED
SUGARS IN THESE DESSERT RECIPES.

OLIVE OIL CAKE WITH ROASTED CITRUS
P. 36

6 G
ADDED SUGARS

BANANAS FOSTER

HANDS ON 10 minutes **COOK** 8 minutes

- **¼ cup raw chip coconut**
- **¼ cup chopped walnuts or pecans**
- **2 Tbsp. salted butter**
- **2 Tbsp. pure maple syrup**
- **¼ tsp. ground cinnamon**
- **¼ tsp. salt**
- **4 medium ripe but firm bananas, peeled and halved lengthwise then cut in half crosswise**
- **2 Tbsp. gold rum or apple cider**
- **1 tsp. vanilla**
- **No-sugar-added vanilla frozen yogurt or ice cream (optional)**

1. In a medium dry skillet toast coconut and walnuts over medium, tossing frequently, until lightly browned and fragrant, about 2 minutes. Remove from skillet.

2. Add butter, maple syrup, cinnamon, and salt to skillet. Heat over medium until mixture comes to a boil. Add bananas to skillet, rounded sides down. Cook 3 minutes. Turn and cook 2 to 3 minutes more. Remove skillet from heat.

3. Add rum and vanilla to skillet. Return skillet to heat and cook 1 minute more.

4. Divide mixture among serving bowls. Top with toasted walnuts and coconut and (if using) frozen yogurt. **Makes 4 servings** (1 banana + 2 Tbsp. nut topper each).

PER SERVING *274 cal, 13 g fat (6 g sat fat), 15 mg chol, 194 mg sodium, 36 g carb, 4 g fiber, 21 g total sugars, 3 g pro*

IF USING REALLY RIPE PEARS, REDUCE COOKING TIME TO 6 TO 8 MINUTES.

0G ADDED SUGARS

APRICOT-HAZELNUT POACHED PEARS

HANDS ON 15 minutes
COOK 10 minutes **COOL** 30 minutes
CHILL 2 hours

- **4 medium just-ripe pears (8 oz. each) (tip, *below left*)**
- **5 cups 100% apple juice**
- **2 cinnamon sticks**
- **8 dried apricots, finely chopped**
- **2 tsp. cornstarch**
- **½ tsp. cocoa powder**
- **⅛ tsp. ground cinnamon**
- **¼ cup toasted, finely chopped hazelnuts**

1. Peel pears, leaving stems intact. Slice in half lengthwise. Remove the core of each pear using a melon baller.
2. In a medium saucepan combine apple juice and cinnamon sticks. Bring to boiling. Add pears. Return to boiling; reduce heat to low. Simmer, covered, until pears are tender, 10 to 12 minutes. Remove from heat and cool 30 minutes. Transfer pears and liquid to a large bowl, turning pears a few times to coat with liquid. Chill, covered, 2 to 24 hours.
3. Remove pears from liquid; chill, covered, until ready to serve or, if you like, pears may stand at room temperature while sauce is being made. Reserve ½ cup poaching liquid; discard remaining liquid and cinnamon sticks.
4. In a small saucepan whisk together reserved poaching liquid, the apricots, and cornstarch. Cook and stir over medium-high until mixture comes to a boil. Cook and stir until thickened, 1 minute more.
5. In a small bowl mix together cocoa powder and cinnamon. To serve, spoon sauce over pear halves, dust with cocoa powder mixture, and sprinkle with hazelnuts. **Makes 8 servings** (1 pear half each).

PER SERVING *108 cal, 2 g fat (0 g sat fat), 0 mg chol, 3 mg sodium, 23 g carb, 4 g fiber, 15 g total sugars, 1 g pro*

If you like, use a no-sugar-added frozen yogurt or ice cream. And go easy on the honey (if using). A single teaspoon contains nearly 6 grams of added sugars.

7G ADDED SUGARS

GRILLED PINEAPPLE SUNDAES

HANDS ON 15 minutes **GRILL** 6 minutes

- 1 **fresh pineapple, peeled, cored, and cut into 6 slices**
- 1 **Tbsp. olive oil**
- 3 **tsp. za'atar seasoning, divided**
- 2 **cups vanilla frozen Greek yogurt**
- ½ **cup chopped toasted almonds**
- **Honey (optional)**

1. Brush both sides of pineapple slices with oil and sprinkle with 2 tsp. of the za'atar seasoning. Grill, covered, over medium, turning once, until charred and slightly softened, 6 to 8 minutes. Cool slightly. If you like, cut into quarters.

2. Divide pineapple, frozen yogurt, and almonds among dessert dishes. Sprinkle with remaining 1 tsp. za'atar seasoning and, if you like, drizzle with honey. **Makes 6 servings** (1 slice pineapple + ⅓ cup yogurt each).

PER SERVING *229 cal, 10 g fat (2 g sat fat), 17 mg chol, 102 mg sodium, 29 g carb, 3 g fiber, 23 g sugars, 7 g pro*

FIRE UP THE GRILL Grilling caramelizes the pineapple and brings out even more sweet, juicy flavor. Serve with a drizzle of olive oil and sprinkle with almonds for a dose of heart-healthy fats.

7G ADDED SUGARS

OLIVE OIL CAKE WITH ROASTED CITRUS

PICTURED ON P. 33

HANDS ON 25 minutes **BROIL** 5 minutes
BAKE 30 minutes at 375°F **COOL** 15 minutes

- 1 **recipe Roasted Citrus *(below)***
- 2 **tsp. salted butter, softened**
- 2 **lemons**
- 5 **Tbsp. sugar, divided**
- ½ **cup slivered almonds, toasted**
- 2 **cups all-purpose flour**
- 1 **Tbsp. baking powder**
- 2 **tsp. snipped fresh rosemary**
- ½ **tsp. salt**
- 3 **eggs, lightly beaten**
- 1 **cup buttermilk**
- ¼ **cup olive oil**
- ½ **cup fresh orange juice**
- 4 **1-inch strips orange zest**

1. Prepare Roasted Citrus. Reduce oven temperature to 375°F. Grease a 9-inch round cake pan with butter. Remove 1 Tbsp. zest and squeeze 3 Tbsp. juice from lemons.

2. In a food processor combine 3 Tbsp. of the sugar and the almonds; cover and pulse until nuts are finely ground. Transfer to a large bowl; stir in lemon zest, flour, baking powder, rosemary, and salt. Make a well in center of flour mixture.

3. In a medium bowl combine eggs, buttermilk, oil, and lemon juice. Add all at once to flour mixture, stirring just until combined. Spread batter in prepared pan. Bake until a toothpick comes out clean, about 30 minutes. Cool in pan on a wire rack 15 minutes. Remove cake from pan.

4. Meanwhile, for syrup, in a small saucepan combine orange juice and zest and remaining 2 Tbsp. sugar. Bring to boiling over medium, stirring until sugar is dissolved. Remove from heat. Let cool; strain into a bowl, discarding zest.

5. Spoon syrup over cake; top with Roasted Citrus. **Makes 10 servings** (1 slice each).

PER SERVING *272 cal, 11 g fat (2 g sat fat), 59 mg chol, 335 mg sodium, 36 g carb, 3 g fiber, 14 g total sugars, 7 g pro*

ROASTED CITRUS Preheat broiler. Line a 15x10-inch baking pan with foil; generously coat with cooking spray. Cut peels from 4 blood and/or navel oranges and/or tangerines. Using a serrated knife, cut fruits into ¼-inch slices; place in pan. Broil 5 to 6 inches from heat until fruit begins to brown, 5 to 7 minutes. Carefully lift foil with fruit from pan and set on a wire rack to cool completely.

Sauce consistency may depend on the juiciness of the fruit. If needed, after roasting, add 1 tsp. each lemon juice and honey. This will add 1 gram added sugars to each serving.

10G
ADDED SUGARS

CORNMEAL SHORTCAKES WITH ROASTED BERRIES AND GRAPES

HANDS ON 20 minutes **BAKE** 26 minutes at 375°F

1½	**cups all-purpose flour**
¼	**cup plus 2 Tbsp. yellow cornmeal**
¼	**cup granulated sugar**
1¾	**tsp. baking powder**
6	**Tbsp. cold salted butter, cut up**
¼	**cup plus 2 Tbsp. milk**
2	**egg yolks**
1	**lb. fresh blueberries, blackberries, raspberries, and/or halved seedless red or green grapes**
2	**tsp. honey**
2	**tsp. lemon juice**
¾	**tsp. ground cinnamon**
	Vanilla Whipped Cream *(p. 19)* (optional)

1. Preheat oven to 375°F. In a medium bowl stir together flour, cornmeal, sugar, and baking powder. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. In a small bowl whisk together milk and egg yolks; add to flour mixture, stirring just until moistened.

2. On a lightly floured surface, gently knead dough for 8 to 10 strokes. Divide dough into 6 portions. Pat each dough portion to ¾-inch thickness. Place shortcakes on a parchment paper-lined baking sheet. Bake 14 to 16 minutes or until golden. Cool shortcakes on a wire rack while preparing roasted fruit.

3. Place fruit (except raspberries) in a shallow baking pan. Top fruit with honey, lemon juice, and cinnamon; toss to coat.

4. Roast until softened, gently stirring once, 12 to 15 minutes. If using raspberries, add the last 6 to 8 minutes of roasting (tip, *left*).

5. To serve, top each shortcake with roasted fruit mixture. If you like, top with Vanilla Whipped Cream. **Makes 6 servings** (1 shortcake + ⅓ cup fruit each).

TO STORE Store shortcakes and fruit mixture in separate airtight containers. Store shortcakes at room temperature up to 3 days. Chill fruit mixture up to 3 days. To warm, wrap shortcakes in foil and heat at 250°F for 10 minutes. Heat fruit mixture in a small saucepan over low until heated through, about 5 minutes.

PER SERVING *487 cal, 29 g fat (17 g sat fat), 138 mg chol, 252 mg sodium, 53 g carb, 2 g fiber, 19 g total sugars, 7 g pro*

1G
ADDED SUGARS
0G
ADDED SUGARS

STUFFED DATES

START TO FINISH 10 minutes

Using a sharp knife, cut slits in 12 whole **fresh Medjool dates** and remove pits, or use pitted Medjool dates. Stuff dates as desired (see variations, *below*). **Makes 12 stuffed dates.**

TO STORE Chill, covered, up to 3 days.

CHOCOLATY CASHEW

Stuff dates evenly with ½ cup **unsweetened cashew butter** (2 tsp. each). Sprinkle dates evenly with 1 oz. **dark chocolate,** chopped, and ½ tsp. **flaky sea salt.**

PER STUFFED DATE *144 cal, 6 g fat (2 g sat fat), 0 mg chol, 129 mg sodium, 23 g carb, 2 g fiber, 18 g total sugars, 2 g pro*

MASCARPONE CRUNCH

Stuff dates evenly with ½ cup **mascarpone cheese** (2 tsp. each). Sprinkle dates evenly with ¼ cup **pomegranate arils** and 2 Tbsp. finely chopped **pistachios.**

PER STUFFED DATE *117 cal, 5 g fat (2 g sat fat), 13 mg chol, 4 mg sodium, 19 g carb, 2 g fiber, 17 g total sugars, 1 g pro*

BLACKBERRY GOAT CHEESE

Place 3 oz. **goat cheese** in a small food processor. Cover and process until light and whipped. Add ⅓ cup **blackberries** and pulse once or twice until partially combined. Stuff dates evenly with cheese mixture. Sprinkle dates evenly with 2 Tbsp. finely chopped **almonds.**

PER STUFFED DATE *101 cal, 3 g fat (2 g sat fat), 6 mg chol, 30 mg sodium, 19 g carb, 2 g fiber, 16 g total sugars, 2 g pro*

TROPICAL CITRUS

Stuff dates evenly with ½ cup **unsweetened coconut milk yogurt alternative** (such as So Delicious) (2 tsp. each). Top dates evenly with ⅓ cup chopped **orange** sections, 2 Tbsp. chopped toasted **macadamia nuts,** and **lime zest.**

PER STUFFED DATE *84 cal, 1 g fat (0 g sat fat), 0 mg chol, 2 mg sodium, 19 g carb, 2 g fiber, 17 g total sugars, 1 g pro*

MEDJOOL DATES

This dried fruit is native to Morocco and comes from the date palm tree. Medjool dates are the softer and larger variety and are ideal for stuffing and eating whole. You'll often find them labeled "fresh" in the supermarket. Avoid Deglet Noor dates for this recipe; they are drier and chewier and better suited for use in baked goods.

DREAM DATE

WHEN A SUGAR CRAVING STRIKES, IT'S DATE TIME. THESE NATURALLY SWEET DRIED FRUITS CAN BE STUFFED WITH YOUR FAVORITE FILLINGS FOR A DESSERT, SNACK, OR APPETIZER. PREP THEM UP TO 3 DAYS AHEAD SO THEY'RE READY WHENEVER YOU NEED A TREAT.

0G ADDED SUGARS

0G ADDED SUGARS

KEEP IT CRUNCHY
If stuffing and topping dates ahead of time, add nuts just before serving.

TOAST TO YOUR HEALTH WITH THESE LOWER-ADDED-SUGAR COCKTAILS.

IN GOOD SPIRITS

SMART SWAPS AND TWEAKS HELP THESE CLASSIC SIPPERS STAY SWEET.

4G
ADDED SUGARS

BRISK BREEZE

HANDS ON 5 minutes
CHILL 1 hour

	Crushed ice
5	**oz. rosé wine, chilled**
2	**oz. 100% pomegranate juice**
1	**oz. white rum**
1	**oz. Passion Fruit Syrup (recipe, *below*)**
½	**oz. fresh lime juice**
8	**oz. club soda, chilled**
2	**orange slices**
2	**maraschino cherries**

Add crushed ice to two 16-oz. hurricane glasses and a cocktail shaker. Pour rosé, pomegranate juice, rum, Passion Fruit Syrup, and lime juice into shaker. Cover and shake until very cold. Strain into prepared glasses. Top with club soda. Thread an orange slice and a cherry onto a decorative pick to garnish each glass. **Makes 2 servings** (9 oz. each).

PER SERVING *145 cal, 0 g fat, 0 mg chol, 35 mg sodium, 15 g carb, 2 g fiber, 16 g total sugars, 1 g pro*

PASSION FRUIT SYRUP

In a small saucepan combine ½ cup frozen passion fruit pulp, thawed, and ¼ cup each sugar and water. Bring to boiling, stirring to dissolve sugar. Strain into a Mason jar; discard solids. Cover and chill at least 1 hour or up to 2 weeks. Makes ¾ cup (6 oz.).

CUT THE SUGAR

Grocery store frozen hurricane drink mixes can have well over the daily value of added sugars. This version, using 100% juice and fewer flavored liqueurs, has a fraction of the added sugars found in a typical hurricane cocktail.

9G
ADDED SUGARS

FROZEN STRAWBERRY DAIQUIRI

START TO FINISH 10 minutes

2 cups chopped fresh strawberries
½ cup fresh lime juice
4 oz. white rum
3 Tbsp. honey
Ice

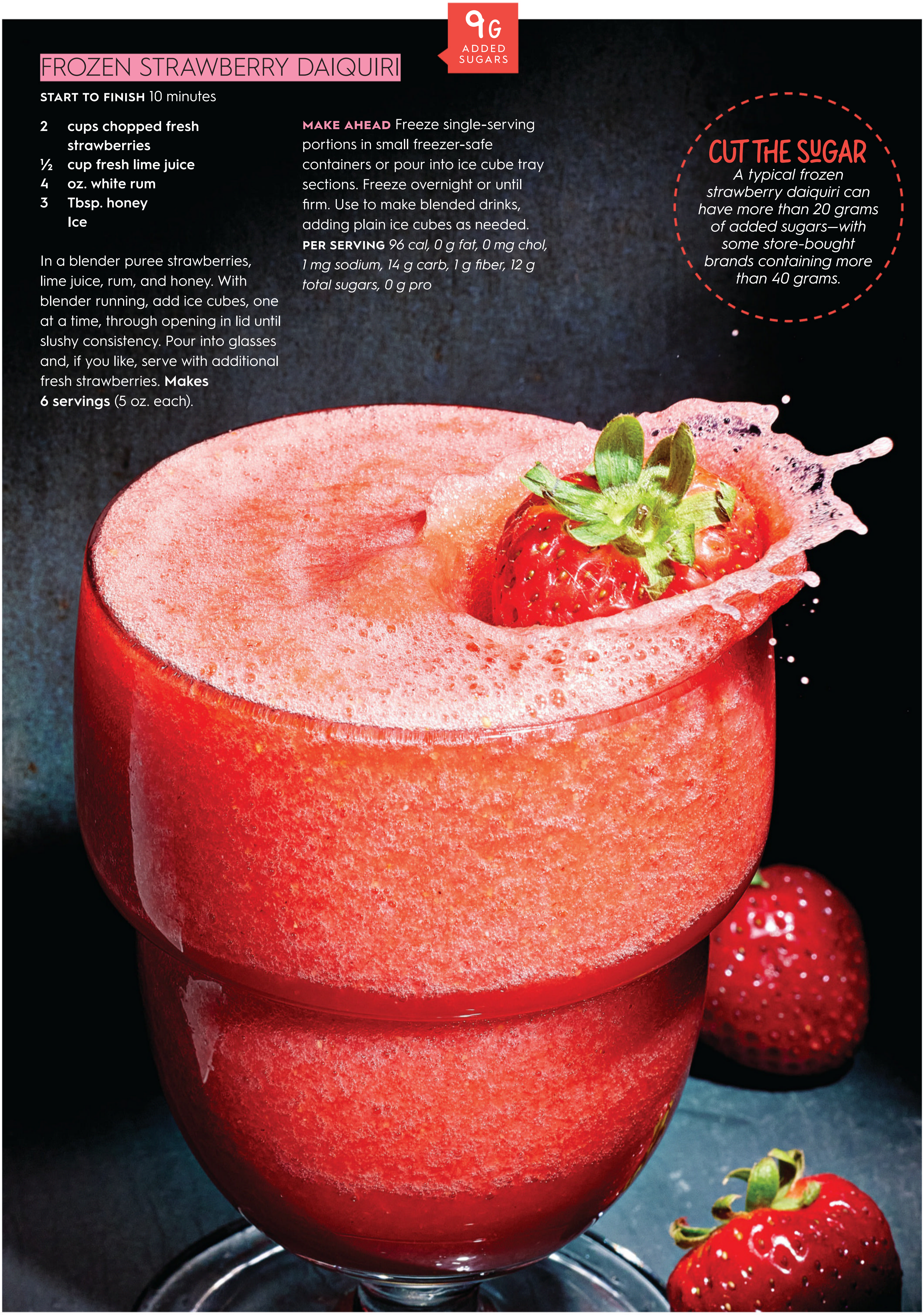
In a blender puree strawberries, lime juice, rum, and honey. With blender running, add ice cubes, one at a time, through opening in lid until slushy consistency. Pour into glasses and, if you like, serve with additional fresh strawberries. **Makes 6 servings** (5 oz. each).

MAKE AHEAD Freeze single-serving portions in small freezer-safe containers or pour into ice cube tray sections. Freeze overnight or until firm. Use to make blended drinks, adding plain ice cubes as needed.

PER SERVING *96 cal, 0 g fat, 0 mg chol, 1 mg sodium, 14 g carb, 1 g fiber, 12 g total sugars, 0 g pro*

CUT THE SUGAR

A typical frozen strawberry daiquiri can have more than 20 grams of added sugars—with some store-bought brands containing more than 40 grams.



SEX ON THE BEACH

START TO FINISH 5 minutes

0G
ADDED SUGARS

- **Ice**
- **2 oz. peach-flavor vodka (tip, *below right*)**
- **2 oz. 100% orange juice**
- **1 oz. 100% cranberry juice**
- **Orange wedge (optional)**

Fill a tall glass with ice. Add vodka and orange juice; stir to combine. Slowly add cranberry juice (it will settle at the bottom of the glass). If you like, garnish with an orange wedge. **Makes 1 serving** (5 oz.).

PER SERVING *175 cal, 0 g fat, 0 mg chol, 2 mg sodium, 11 g carb, 0 g fiber, 10 g total sugars, 1 g pro*

CUT THE SUGAR

Our version replaces the typical cloying grenadine with 100% cranberry juice for a balanced sipper.

SNEAKY SUGARS

Many flavored vodkas include added sugars. New Amsterdam and Grey Goose do not. Check the internet for information about other brands.

SECRET INGREDIENTS

A typical Long Island Iced Tea is made with cola, sweet and sour mix, and sugary orange liqueur and can easily contain added sugars in the double digits. Here, we've replaced cola with balsamic vinegar, which adds sweet and chocolaty notes. The sweet and sour mix is omitted in favor of fresh lemon juice. And orange bitters adds just enough citrus essence so you can do without the orange liqueur.

2G
ADDED
SUGARS

LOW ISLAND ICED TEA

START TO FINISH 5 minutes

	Ice
½	oz. fresh lemon juice
½	oz. silver tequila
½	oz. white rum
½	oz. gin
½	tsp. agave syrup
½	tsp. balsamic vinegar
1	dash orange bitters
3	oz. club soda or sparkling water, chilled
	Lemon twist (optional)

Fill a cocktail shaker with ice. Add lemon juice, tequila, rum, gin, agave syrup, balsamic vinegar, and orange bitters. Cover and shake until very cold. Strain into an ice-filled glass. Top with club soda. Garnish with lemon twist (if using). **Makes 1 serving** (5 oz.).

PER SERVING *114 cal, 0 g fat, 0 mg chol, 20 mg sodium, 4 g carb, 0 g fiber, 3 g total sugars, 0 g pro*

6G
ADDED SUGARS

FRESH FRUIT MARGARITA

START TO FINISH 10 minutes

- **Ice**
- 3 **oz. Fresh Fruit Margarita Mix (⅓ cup) (recipe, *right*)**
- 1½ **oz. silver tequila**
- ¾ **oz. 100% orange juice**

Fill a cocktail shaker with ice. Add Fresh Fruit Margarita Mix, tequila, and orange juice. Cover and shake until very cold. Strain into a margarita glass. (For a frozen margarita, in a blender combine mix, tequila, and orange juice. With blender running, add ice cubes, one at a time, through opening in lid until slushy.) **Makes 1 serving** (8 oz.).

MAKE AHEAD Freeze single-serving portions in small freezer-safe containers or pour into ice cube tray sections. Freeze overnight or until firm. Use to make blended drinks, adding plain ice cubes as needed.

PER SERVING *157 cal, 0 g fat, 0 mg chol, 1 mg sodium, 16 g carb, 1 g fiber, 14 g total sugars, 1 g pro*

FRESH FRUIT MARGARITA MIX

In a medium bowl stir together 2 cups pureed fresh fruit *(below)*, ½ cup fresh lime juice, and 3 to 4 Tbsp. honey until honey is dissolved. (Add more or less honey depending on the sweetness of the fruit.) Makes about 2⅔ cups.

FREEZE ADDITIONAL SLICES OF FRUIT OR WHOLE BERRIES TO USE AS DRINK GARNISHES.

PUREED FRESH FRUIT

To get 2 cups pureed fruit, choose 3¾ cups cubed peaches, 3½ cups strawberries, 3 cups cubed cantaloupe, 3⅓ cups cubed honeydew melon, 3¾ cups cubed watermelon, or 4 cups raspberries or blackberries. To puree, place fruit in a blender or food processor. Cover and blend or process until smooth, adding 1 to 3 Tbsp. water if needed. For peach, strawberry, raspberry, and blackberry purees, press puree through a fine sieve to remove seeds or skin.

WARMING SPICES MIMIC THOSE WE ASSOCIATE WITH DESSERT AND CAN ACTUALLY TRICK THE BRAIN INTO THINKING IT'S GETTING SOMETHING SWEET EVEN WHEN LESS SUGAR IS PRESENT.

SPICE, SO NICE!

TRY CARDAMOM, CINNAMON, CLOVE, FIVE-SPICE POWDER, AND NUTMEG IN THESE SPICED-UP TREATS.

TINY
APPLE CRISP
TASSIES
P. 48

NOT ALL NUTRITION FACTS PANELS INCLUDE THE LINE "ADDED SUGARS." THAT DOESN'T MEAN THERE AREN'T ADDED SUGARS LURKING. ALWAYS CHECK THE INGREDIENTS LISTS OF ITEMS YOU USE. SPICE MIXES, CEREALS, JUICES, AND DRIED FRUITS ALL MAY CONTAIN SNEAKY ADDED SUGARS.

0G
ADDED SUGARS

CHAI-SPICED TRUFFLES

PICTURED ON P. 51
HANDS ON 15 minutes **STAND** 35 minutes **CHILL** 1 hour 30 minutes

½	**cup plus 2 Tbsp. heavy cream**
2	**tsp. Homemade Chai Spice** ***(below right)*****, divided**
10	**oz. bittersweet or dark chocolate, chopped**
1	**cup bite-size rice square cereal, finely crushed (½ cup crushed)**

1. In a small saucepan heat cream and 1 tsp. Homemade Chai Spice over medium just until simmering. Remove from heat. Add chocolate; stir to coat. Cover and let stand 5 minutes.

2. Whisk mixture until thick, smooth, and glossy, scraping sides of saucepan.* Transfer mixture to a medium bowl. Chill until uniformly firm, 1½ to 2 hours.

3. Meanwhile, in a medium skillet toast crushed cereal over medium, stirring frequently, until lightly browned, 2 to 3 minutes. Add remaining 1 tsp. Homemade Chai Spice and toast 30 seconds more, stirring constantly. Remove from heat and transfer to a shallow dish to cool.

4. Line a tray or baking sheet with waxed paper. Using a small scoop or spoon, portion chocolate mixture into 1-inch pieces. Roll each piece between your palms until round, smooth, and a bit tacky, but not gooey (tip, *p. 51*). Roll balls in cereal mixture; place on prepared tray. Let stand at room temperature 30 minutes before serving. **Makes 26 truffles.**

***TIP** If mixture appears broken, whisk in about 1 Tbsp. warm cream until smooth. Alternatively, an immersion blender can help to bring the emulsion back together.

TO STORE Chill truffles, covered, up to 2 weeks.

PER TRUFFLE *86 cal, 6 g fat (4 g sat fat), 7 mg chol, 10 mg sodium, 7 g carb, 1 g fiber, 3 g total sugars, 1 g pro*

HOMEMADE CHAI SPICE

In a small bowl stir together 1 Tbsp. ground cardamom, ¾ tsp. ground ginger, ¾ tsp. ground cinnamon, and ⅛ to ¼ tsp. ground cloves. Store in an airtight container up to 6 months.

5G
ADDED SUGARS

TINY APPLE CRISP TASSIES

PICTURED ON P. 47
HANDS ON 35 minutes
BAKE 15 minutes at 350°F
COOL 10 minutes

	Nonstick cooking spray
2	**cups peeled and chopped apples, such as Braeburn, Jonagold, Pink Lady, or McIntosh**
2	**Tbsp. 100% apple juice**
1	**Tbsp. granulated sugar**
½	**tsp. apple pie spice or ground cinnamon, divided**
¾	**cup all-purpose flour**
¾	**cup regular rolled oats**
½	**cup packed brown sugar**
¾	**cup salted butter, cut up**
3	**Tbsp. finely chopped pecans, toasted**
	Vanilla Whipped Cream ***(p. 19)*** **(optional)**

1. Preheat oven to 350°F. Coat twenty-four 1¾-inch muffin cups with cooking spray.

2. For filling, in a medium saucepan combine apples, apple juice, granulated sugar, and ¼ tsp. of the apple pie spice. Bring to boiling; reduce heat. Simmer until apples are tender, 5 to 8 minutes.

3. In a food processor combine flour, half of the oats, the brown sugar, and remaining ¼ tsp. apple pie spice. Cover and process until combined. Add butter; cover and process until coarse crumbs form. Stir in remaining oats and the pecans.

4. Spoon 4 tsp. oat mixture into each prepared muffin cup, pressing into bottoms and up sides of cups.

5. Spoon 2 tsp. filling into each crust-lined cup. Sprinkle with remaining oat mixture.

6. Bake until golden, 15 to 20 minutes. Cool tassies in pan 10 minutes; remove. Serve warm and, if you like, top with Vanilla Whipped Cream and sprinkle with additional apple pie spice or cinnamon. **Makes 24 tassies.**

PER TASSIE *107 cal, 7 g fat (4 g sat fat), 15 mg chol, 47 mg sodium, 11 g carb, 0 g fiber, 6 g total sugars, 1 g pro*

5G
ADDED SUGARS

CINNAMON-GINGER MADELEINES

HANDS ON 25 minutes **CHILL** 2 hours **BAKE** 10 minutes per batch at 375°F **COOL** 1 minute

½	**cup salted butter, softened**
½	**cup granulated sugar**
½	**cup packed brown sugar**
4	**eggs**
¼	**cup molasses**
1	**cup all-purpose flour**
½	**cup cake flour**
1	**tsp. ground ginger**
1	**tsp. ground cinnamon**
½	**tsp. baking powder**
¼	**tsp. baking soda**
¼	**tsp. salt**
¼	**tsp. ground nutmeg**
⅛	**tsp. ground cloves**

1. In a large bowl beat butter with a mixer on medium 30 seconds. Gradually beat in both sugars until light and fluffy, scraping bowl as needed. Add eggs, one at a time, beating after each addition. Beat in molasses.

2. In a small bowl stir together remaining ingredients. Sprinkle half of the flour mixture over butter mixture; fold in until combined. Repeat with remaining flour mixture. Chill batter, covered, 2 to 4 hours.

3. Preheat oven to 375°F. Grease and flour twenty-four 3-inch madeleine molds. Spoon batter into prepared molds, filling each about half full.

4. Bake until edges are golden and tops spring back when lightly touched, 10 to 12 minutes. Cool in molds 1 minute.* Using the point of a knife, loosen each madeleine from the mold; invert mold over a wire rack to release madeleines. Cool completely. **Makes 48 cookies.**

***TIP** If you only have one madeleine mold pan, let it cool completely between baking batches. Grease and flour molds for each batch.

TO STORE Layer cookies between waxed paper in an airtight container. Store at room temperature up to 3 days or freeze up to 3 months.

PER COOKIE *60 cal, 2 g fat (1 g sat fat), 21 mg chol, 46 mg sodium, 9 g carb, 0 g fiber, 6 g total sugars, 1 g pro*

MOLASSES

This added sugar provides robust and distinct flavor—a little goes a long way. To make molasses, the juice is drained from sugar beets or sugar cane and is boiled down, then sugar crystals are removed. The dark-color syrup that remains is molasses.

7G
ADDED
SUGARS

RICE PUDDING WITH RUM RAISIN SAUCE

HANDS ON 30 minutes **STAND** 1 hour **COOL** 10 minutes **CHILL** 4 hours

4	**cups whole milk**
½	**cup Arborio rice**
4	**inches stick cinnamon**
1	**vanilla bean, split lengthwise**
¼	**tsp. salt**
¼	**tsp. ground cardamom**
¼	**tsp. ground nutmeg, divided**
3	**egg yolks**
¼	**cup granulated sugar**
½	**cup water**
½	**cup unsweetened raisins, chopped if desired**
3	**Tbsp. packed brown sugar**
¼	**cup rum**
2	**Tbsp. salted butter**

1. In a large saucepan combine milk, rice, cinnamon, vanilla bean, salt, cardamom, and ⅛ tsp. of the nutmeg. Cook and stir over medium-high until just boiling, about 9 minutes. Remove from heat. Cover; let stand 30 minutes.

2. In a medium bowl whisk together egg yolks and granulated sugar. Return milk mixture to medium heat. Cook and stir until just boiling, about 10 minutes. Gradually stir about ½ cup of the hot milk mixture into yolk mixture. Return all to saucepan. Cook and stir over medium until just boiling and slightly thickened, about 5 minutes. Remove from heat. Remove and discard cinnamon sticks and vanilla bean halves. Cool pudding mixture 10 minutes.

3. Transfer pudding to a 1½-qt. dish or individual dessert dishes. Chill, covered, 4 to 24 hours (pudding will thicken as it chills).

4. For sauce, in a 10-inch skillet bring the ½ cup water to boiling. Remove from heat; stir in raisins, brown sugar, rum, and the remaining ⅛ tsp. nutmeg. Cover and let stand 30 minutes. Bring mixture to boiling; reduce heat. Simmer, uncovered, until thickened, 7 minutes. Remove from heat. Stir in butter. Serve warm sauce with rice puddings.

Makes 12 servings (⅓ cup each).

PER SERVING *170 cal, 6 g fat (3 g sat fat), 59 mg chol, 102 mg sodium, 23 g carb, 0 g fiber, 16 g total sugars, 4 g pro*

ARBORIO RICE

This short grain rice has a high starch content, so cooking it low and slow results in an ultracreamy texture just right for rice pudding.

CUT THE SUGAR
Some store-bought chai spices contain sugar; check the ingredients list or use the Homemade Chai Spice recipe.

If chocolate mixture isn't firm enough to scoop into balls, briefly chill to harden.

CHAI-SPICED TRUFFLES
P. 48

8G
ADDED SUGARS

CINNAMON-BANANA CAKE WITH CHOCOLATE DRIZZLE

HANDS ON 15 minutes **BAKE** 45 minutes at 325°F **COOL** 10 minutes

2	**cups all-purpose flour**
½	**cup whole wheat pastry flour**
⅓	**cup granulated sugar**
⅓	**cup packed brown sugar**
1¼	**tsp. baking powder**
1	**tsp. ground cinnamon**
½	**tsp. salt**
½	**tsp. baking soda**
¾	**cup fat-free milk**
⅔	**cup mashed banana**
2	**eggs, lightly beaten**
¼	**cup canola oil**
1	**tsp. vanilla**
2	**oz. dark chocolate, chopped**
2	**Tbsp. chopped toasted hazelnuts**

1. Preheat oven to 325°F. Generously grease and flour a 10-inch fluted tube pan. In a large bowl stir together first eight ingredients (through baking soda).

2. In a medium bowl combine milk, banana, eggs, oil, and vanilla. Add egg mixture all at once to flour mixture. Beat with a mixer on medium to high 2 minutes. Spoon batter into prepared pan; spread evenly.

3. Bake until a wooden pick inserted near the center comes out clean, 45 to 55 minutes. Cool in pan on a wire rack 10 minutes. Remove cake from pan. Cool completely on wire rack.

4. For chocolate drizzle, place chocolate in a small bowl. Microwave, uncovered, until melted, 1½ minutes, stirring after 30-second intervals. Drizzle over cooled cake and sprinkle with hazelnuts. **Makes 16 servings** (1 slice each).

PER SERVING *183 cal, 7 g fat (1 g sat fat), 24 mg chol, 128 mg sodium, 28 g carb, 2 g fiber, 11 g total sugars, 4 g pro*

CINNAMON

There are several types of this ubiquitous spice. Cassia cinnamon, the most commercially available, adds bold flavor. Most ground cinnamon is made from cassia. Ceylon cinnamon (aka true cinnamon or Mexican cinnamon) is known for its soft texture and milder flavor with floral and citrus notes. Ceylon is ideal for adding a touch of spice to sweet and savory dishes.

When chopping dried apricots, spray the knife blade with nonstick cooking spray to reduce sticking.

5G
ADDED
SUGARS

APRICOT-ORANGE OLIVE OIL SHORTBREAD

HANDS ON 10 minutes **BAKE** 10 minutes at 350°F **COOL** 10 minutes

½ cup olive oil
½ cup powdered sugar
1 tsp. vanilla extract
1 tsp. orange zest
½ tsp. ground cardamom
¼ tsp. salt
1⅓ cups all-purpose flour
¼ cup finely chopped dried apricots (1½ oz.) (tip, *above right*)

1. Preheat oven to 350°F. In a large bowl stir together first six ingredients (through salt) until well combined. Stir in flour and apricots (if you like, reserve some of the apricots for sprinkling over the 2-inch rounds in Step 2). Stir until dough holds together.

2. Portion dough by rounded tablespoons and roll into balls. Place on an ungreased cookie sheet at least 1 inch apart. Lightly press each ball into a 2-inch round.

3. Bake until bottoms are starting to brown, 10 to 12 minutes. Let cookies cool on sheet 10 minutes. Transfer cookies to a wire rack to cool completely. **Makes 12 cookies.**

TO STORE Store in an airtight container at room temperature up to 5 days or freeze up to 3 months.

PER COOKIE *157 cal, 9 g fat (1 g sat fat), 0 mg chol, 49 mg sodium, 17 g carb, 1 g fiber, 6 g total sugars, 2 g pro*

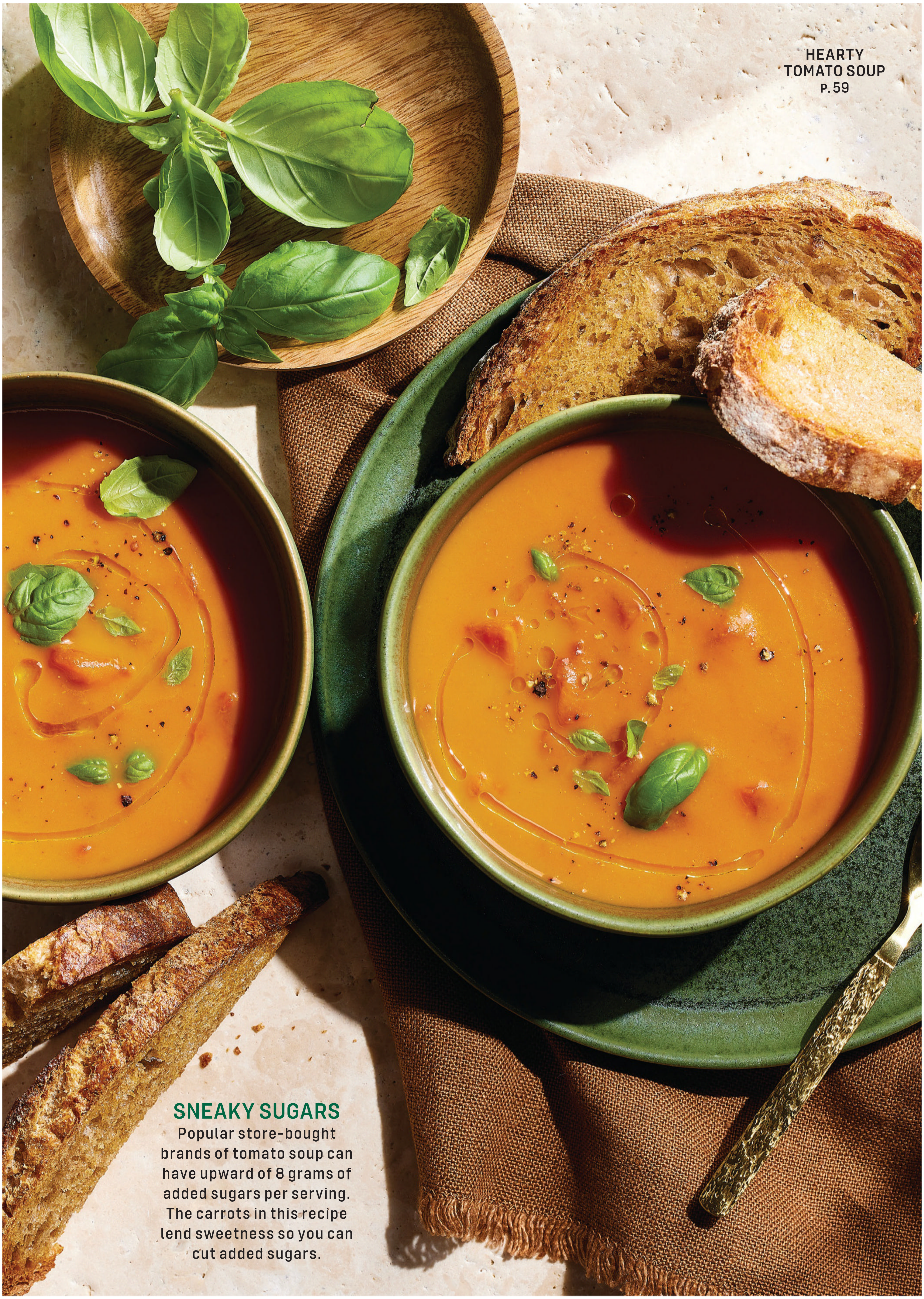
CARDAMOM

This peppery, slightly floral spice brings brightness to desserts. For the freshest flavor, grind cardamom pods in a spice grinder or coffee grinder, or crush with a mortar and pestle until a powder forms.

EVEN SAVORY DISHES CAN SNEAK
IN THE SWEET STUFF. SKIP THE TAKEOUT
AND RESERVATIONS, AND OPT
FOR THESE DINING-OUT DUPES.

RESTAURANT REMAKES

RECIPES FOR BARBECUE, STIR-FRY, SOUPS,
AND MORE ARE RESTAURANT-WORTHY
BUT ALL FROM THE COMFORT OF YOUR HOME–
AND WITH FAR FEWER ADDED SUGARS.



HEARTY
TOMATO SOUP
P. 59

SNEAKY SUGARS

Popular store-bought brands of tomato soup can have upward of 8 grams of added sugars per serving. The carrots in this recipe lend sweetness so you can cut added sugars.

1G
ADDED SUGARS

COPYCAT CHICK-FIL-A KALE CRUNCH SALAD

START TO FINISH 15 minutes

2	Tbsp. olive oil
2	Tbsp. cider vinegar
2	tsp. Dijon mustard
1	tsp. pure maple syrup
¼	tsp. salt
4	cups packed stemmed and finely chopped curly kale
1	cup shredded green cabbage
3	Tbsp. unsweetened raisins
¼	cup chopped toasted and salted almonds (tip, *below*)

In a large bowl whisk together first five ingredients (through salt). Add kale. With clean hands or tongs, massage kale until dark green and wilted, 2 to 3 minutes. Add cabbage and raisins; toss to combine. Sprinkle with almonds. **Makes 4 servings** (1 cup each).

MAKE AHEAD Cover and chill up to 3 days. For best results, store almonds separately.

PER SERVING *163 cal, 13 g fat (1 g sat fat), 0 mg chol, 290 mg sodium, 11 g carb, 2 g fiber, 7 g total sugars, 3 g pro*

NICE AND TOASTY

Preheat oven to 350°F. Line a baking sheet with parchment paper. Toss ¼ cup whole almonds with 1 tsp. vegetable oil and ⅛ tsp. salt. Spread evenly on prepared baking sheet. Bake, stirring once, until golden brown and fragrant, 10 to 12 minutes. Cool and chop.

0G ADDED SUGARS

ORANGE-GINGER CHICKEN STIR-FRY

START TO FINISH 45 minutes

3	Tbsp. olive oil, divided
1	lb. carrots, cut into thin bite-size strips
1	medium red bell pepper, cut into thin bite-size strips
1	lb. skinless, boneless chicken breast halves, cut into 1-inch pieces
1	8-oz. pkg. frozen shelled edamame, thawed
3	cloves garlic, minced
1	Tbsp. grated fresh ginger
½	tsp. crushed red pepper (optional)
1½	cups reduced-sodium chicken broth
¼	cup fresh orange juice
2	Tbsp. reduced-sodium soy sauce
2	Tbsp. cornstarch
2	Tbsp. cold water
3	cups hot cooked brown rice
1	Tbsp. sesame seeds, toasted
	Chopped green onion and/or fresh cilantro (optional)

1. In a wok or 12-inch skillet heat 1 Tbsp. of the oil over medium-high. Add carrots; cook and stir 5 minutes. Add bell pepper; cook and stir until carrots are tender, 3 minutes more. Transfer to a medium bowl. Add 1 Tbsp. of the oil to wok; heat over medium-high. Add chicken; cook and stir until chicken is done (165°F), 4 to 5 minutes. Add to carrot mixture; stir in edamame.

2. Add remaining 1 Tbsp. oil to wok; heat over medium. Add garlic, ginger, and (if using) crushed red pepper. Cook and stir 30 seconds. Stir in broth, orange juice, and soy sauce. Cook and stir, scraping up browned bits from bottom of pan. Bring to boiling.

3. In a small bowl whisk together cornstarch and the cold water; stir into broth mixture. Simmer 2 minutes. Return chicken mixture to wok; heat through. Serve over brown rice and sprinkle with sesame seeds. If you like, top with additional crushed red pepper, green onion, and/or cilantro.

Makes 6 servings (1⅓ cups chicken mixture + ½ cup rice each).

PER SERVING *396 cal, 13 g fat (2 g sat fat), 55 mg chol, 431 mg sodium, 43 g carb, 7 g fiber, 6 g total sugars, 27 g pro*

CUT THE SUGAR

An orange chicken dish from chain restaurants may have more than 15 grams of added sugars from just 2 Tbsp. of sauce, according to the U.S. Department of Agriculture. This recipe uses fresh orange juice to provide flavor without added sugars.

0G
ADDED
SUGARS

CUT THE SUGAR

Restaurant and store-bought marinara sauces add sugar to tame the acidic bite of tomatoes. This version uses naturally sweet red bell peppers to cut through the acidity without added sugars.

AIR-FRIED RAVIOLI WITH RED PEPPER MARINARA SAUCE

HANDS ON 20 minutes **COOK** 16 minutes **AIR FRY** 4 minutes per batch

1 Tbsp. olive oil
1¼ cups coarsely chopped red bell peppers
2 cloves garlic, chopped
2 cups coarsely chopped fresh tomatoes
1 Tbsp. balsamic vinegar
½ tsp. salt
¼ tsp. cracked black pepper
16 frozen desired flavor-filled ravioli (9 oz.) or one 9-oz. pkg. refrigerated desired flavor-filled ravioli
1 egg, lightly beaten
2 Tbsp. milk
¾ cup panko bread crumbs
1 Tbsp. grated Parmesan cheese
¼ tsp. garlic salt
¼ tsp. black pepper
Nonstick cooking spray
Chopped fresh flat-leaf parsley (optional)

1. In a large skillet heat oil over medium. Add bell peppers and garlic. Cook and stir until tender, about 6 minutes. Stir in tomatoes, vinegar, salt, and cracked pepper. Bring to boiling; reduce heat. Simmer, uncovered, until thickened and tomatoes are soft, about 10 minutes. Remove and cool slightly. Blend or process until smooth.

2. Preheat air fryer to 400°F. Cook ravioli according to package directions; drain. Rinse with cold water; drain again. Pat dry with paper towels.

3. Whisk together egg and milk in a shallow dish. In another shallow dish combine panko, cheese, garlic salt, and black pepper. Dip ravioli into egg mixture then into crumb mixture, turning ravioli and pressing into crumbs to coat. Place breaded ravioli on a plate and coat with cooking spray.

4. Working in batches if needed, arrange ravioli in a single layer in air-fryer basket (do not overcrowd). Cook until golden and crisp, about 4 minutes. Serve ravioli with sauce and sprinkle with parsley (if using) and additional black pepper.

Makes 8 servings (2 ravioli + 3 Tbsp. sauce each).

PER SERVING *135 cal, 5 g fat (1 g sat fat), 27 mg chol, 301 mg sodium, 18 g carb, 2 g fiber, 5 g total sugars, 5 g pro*

0G
ADDED
SUGARS

HEARTY TOMATO SOUP

PICTURED ON P. 55
HANDS ON 20 minutes
COOK 30 minutes

- **1 Tbsp. olive oil**
- **1 medium sweet onion, coarsely chopped**
- **1 medium shallot, chopped**
- **4 cloves garlic, minced**
- **2 15-oz. cans diced tomatoes, undrained, divided**
- **1 14.5-oz. can reduced-sodium chicken broth**
- **½ cup coarsely chopped carrot (1 medium)**
- **½ cup coarsely chopped celery (1 stalk)**
- **2 Tbsp. snipped fresh basil**
- **1 Tbsp. lemon juice**
- **1 tsp. honey (optional)**
- **⅛ tsp. cayenne pepper**
- **Black pepper (optional)**
- **Crusty multigrain bread slices (optional)**

1. In a large saucepan heat oil over medium. Add onion, shallot, and garlic; cook until onion is tender, stirring frequently, about 5 minutes. Add one can of the tomatoes, the broth, carrot, celery, basil, lemon juice, and (if using) honey. Bring to boiling; reduce heat. Simmer, covered, until vegetables are very tender, 20 to 25 minutes. Cool slightly.
2. Carefully transfer half of the mixture to a food processor or blender (or keep it in the pan and use an immersion blender). Cover and process or blend until smooth. Repeat with remaining mixture.
3. Return all of the pureed mixture to the saucepan. Stir in remaining can of tomatoes and the cayenne pepper. Cook, uncovered, over low until heated through, stirring frequently, about 10 minutes. If you like, top servings with black pepper and additional olive oil and basil. Serve with bread (if using). **Makes 4 servings** (1⅔ cups each).

PER SERVING *134 cal, 4 g fat (0 g sat fat), 0 mg chol, 618 mg sodium, 21 g carb, 5 g fiber, 11 g sugars, 4 g pro*

0G
ADDED
SUGARS

APRICOT-SWEETENED BACON BAKED BEANS

HANDS ON 25 minutes
BAKE 30 minutes at 350°F

- **6 slices bacon, cut into 1-inch pieces**
- **1 cup chopped onion**
- **2 15-oz. cans navy beans, rinsed and drained**
- **1 15-oz. can cannellini (white kidney) beans, rinsed and drained**
- **⅓ cup chopped dried apricots**
- **⅔ cup no-sugar-added ketchup**
- **¼ cup cider vinegar**
- **2 Tbsp. yellow mustard**
- **2 tsp. Worcestershire sauce**
- **2 tsp. chili powder**
- **1 tsp. smoked paprika**

1. Preheat oven to 350°F. Grease a 2-qt. square baking dish. In a 10-inch skillet cook bacon over medium until crisp. Drain on paper towels, reserving drippings in skillet. Add onion to reserved drippings; cook, stirring occasionally, until tender, about 5 minutes.
2. In prepared baking dish combine the cooked onion and half of the bacon. Stir in remaining ingredients. Cover dish tightly with foil and bake until heated through and desired consistency, about 30 minutes. Stir gently before serving. Top with remaining bacon. **Makes 8 servings** (½ cup each).

PER SERVING *223 cal, 8 g fat (3 g sat fat), 14 mg chol, 918 mg sodium, 27 g carb, 9 g fiber, 5 g total sugars, 10 g pro*

CUT THE SUGAR

Dried apricots, instead of the typical brown sugar, contribute to the sweetness in these beans. Plus, apricots provide good-for-you fiber. Most dried apricots come unsweetened, but check the label.

APRICOT-SWEETENED BACON BAKED BEANS

For a spicier version, leave seeds in one or both of the jalapeño peppers.

SNEAKY SUGARS

Sugar acts as a tenderizer in baked goods. For this reason, many manufacturers add sugar to their hamburger buns for a light and fluffy texture. Many popular bun brands have quadruple the added sugars of this version. And barbecue sauces also contain added sugars—many in the double digits. Our version relies on slow-simmered dates and warming spices to get a sweet-heat sauce.

SPICY BROCCOLI SLAW

In a large bowl combine ½ cup each **mayonnaise** and sliced **red onion;** 1 fresh **jalapeño pepper,** seeded and sliced (tip, *opposite*); 4 **dill gherkins,** chopped; and 1 dash **hot pepper sauce.** Fold in 1 (12-oz.) pkg. **broccoli slaw mix.** Chill at least 1 hour before serving. **Makes 6 servings** (½ cup each).

PER SERVING *156 cal, 14 g fat (2 g sat fat), 8 mg chol, 203 mg sodium, 4 g carb, 2 g fiber, 2 g total sugars, 2 g pro*

1G
ADDED
SUGARS

BARBECUE PULLED PORK SANDWICHES

HANDS ON 20 minutes
SLOW COOK 6 hours (low)

1	**cup chopped onion**
1½	**lb. lean boneless pork shoulder roast, trimmed and cut into 2-inch pieces**
1½	**tsp. smoked paprika**
1½	**tsp. chili powder**
1	**tsp. ground cumin**
½	**to ¾ tsp. ground chipotle pepper**
½	**tsp. cracked black pepper**
¼	**tsp. dry mustard**
½	**cup water**
½	**cup Medjool Date-Sweetened Barbecue Sauce (recipe, *far right*)**
1	**recipe Spicy Broccoli Slaw (optional) *(opposite)***
1	**recipe Whole Wheat Hamburger Buns *(right)*, split and toasted**

1. Place onion in a 3½- or 4-qt. slow cooker; top with meat. In a small bowl combine next six ingredients (through dry mustard); sprinkle over meat. Add the water. Cover and cook on low 6 hours or until meat is very tender.
2. Remove meat from cooker and reserve ½ cup of the cooking liquid; discard remaining liquid. Shred meat using two forks. Return shredded meat and reserved cooking liquid to cooker. Stir in Medjool Date-Sweetened Barbecue Sauce.
3. Serve meat mixture and (if using) Spicy Broccoli Slaw in Whole Wheat Hamburger Buns, using about ⅓ cup meat mixture for each bun. **Makes 8 sandwiches.**

MAKE AHEAD Prepare as directed through Step 1. Shred meat as directed in Step 2. Transfer shredded meat and reserved cooking liquid to an airtight container; cool. Chill up to 2 days. To reheat, remove and discard any visible fat on surface of meat. Transfer meat and liquid to a bowl and stir in Medjool Date-Sweetened Barbecue Sauce. Microwave, covered with a paper towel, until heated through, stirring occasionally, 3 to 4 minutes. Serve as directed in Step 3.

PER SANDWICH *361 cal, 10 g fat (4 g sat fat), 96 mg chol, 431 mg sodium, 46 g carb, 5 g fiber, 4 g total sugars, 22 g pro*

1G
ADDED
SUGARS

WHOLE WHEAT HAMBURGER BUNS

HANDS ON 20 minutes **STAND** 10 minutes
RISE 2 hours **BAKE** 20 minutes at 375°F

2	**cups whole wheat flour**
1	**cup warm water (110°F to 115°F)**
1	**Tbsp. sugar**
1	**pkg. active dry yeast**
2	**eggs**
3	**Tbsp. salted butter, melted**
1	**tsp. salt**
1½	**cups all-purpose flour**
1	**Tbsp. milk**
1	**tsp. sesame seeds (optional)**

1. In a large bowl stir together ½ cup of the whole wheat flour, the warm water, sugar, and yeast until smooth. Let stand until foamy, 10 to 15 minutes. Add remaining 1½ cups whole wheat flour, one of the eggs, the melted butter, and salt. Beat with a mixer on medium 3 minutes. Gradually stir in as much of the all-purpose flour as you can.
2. Turn dough out onto a lightly floured surface. Knead in remaining all-purpose flour to make a moderately soft dough that is smooth and elastic, 3 to 5 minutes. Shape into a ball. Place in a lightly greased bowl, turning to grease surface of dough. Cover and let rise in a warm place until double in size, about 1 hour.
3. Line a large baking sheet with parchment paper or a silicone baking mat. Punch dough down. Turn out onto a lightly floured surface. Pat dough into a 10x6-inch rectangle. Cut into eight pieces and shape into balls, tucking edges underneath. Flatten balls to ½-inch thickness. Arrange ½ inch apart on prepared baking sheet. Dust with additional flour. Cover and let rise in a warm place until double in size, about 1 hour.
4. Preheat oven to 375°F. In a small bowl whisk together remaining egg and the milk. Gently brush tops of buns with egg mixture. If you like, sprinkle with sesame seeds. Bake until tops are light brown, about 20 minutes (buns will stick together slightly where they touch). Remove; cool on a wire rack. **Makes 8 buns.**

PER BUN *254 cal, 7 g fat (3 g sat fat), 58 mg chol, 346 mg sodium, 42 g carb, 4 g fiber, 2 g total sugars, 9 g pro*

0G
ADDED
SUGARS

MEDJOOL DATE-SWEETENED BARBECUE SAUCE

HANDS ON 20 minutes
ROAST 15 minutes at 425°F
COOK 20 minutes

6	**medium roma tomatoes**
1	**medium onion, cut into thin wedges**
2	**fresh jalapeño peppers, halved and seeded (tip, *right*)**
4	**cloves garlic**
2	**Tbsp. olive oil**
1	**cup water**
1	**6-oz. can tomato paste**
⅓	**cup cider vinegar**
2	**pitted whole Medjool dates**
½	**tsp. dry mustard**
½	**tsp. smoked paprika**
½	**tsp. ground cinnamon**
½	**tsp. ground cumin**
¼	**tsp. sea salt**

HOT TIP
Chile peppers contain oils that can irritate your skin and eyes. Wear plastic or rubber gloves when working with them.

1. Preheat oven to 425°F. Line a 15x10-inch baking pan with foil. Place tomatoes, onion, jalapeño peppers, and garlic in prepared pan; drizzle with oil. Roast until tender and lightly charred, about 15 minutes.
2. In a large saucepan combine roasted vegetables and remaining ingredients. Bring to boiling; reduce heat. Simmer, covered, 20 minutes, stirring occasionally. Cool slightly. Blend with an immersion blender until smooth. (Or transfer to a blender or food processor; cover and blend or process until smooth.) **Makes 3⅔ cups.**

TO STORE Transfer to an airtight container. Freeze up to 3 months. Thaw in refrigerator before reheating.

PER ABOUT 2 TBSP. *24 cal, 1 g fat (0 g sat fat), 0 mg chol, 67 mg sodium, 4 g carb, 1 g fiber, 2 g total sugars, 1 g pro*

THE BEST DRESSED

WHETHER STORE-BOUGHT, AT RESTAURANTS, OR EVEN HOMEMADE, SALAD DRESSINGS ARE OFTEN LOADED WITH ADDED SUGARS. DRESS GREENS WITH THESE BETTER-FOR-YOU OPTIONS INSTEAD.

0G ADDED SUGARS
1
1G ADDED SUGARS
2
1G ADDED SUGARS
3

The oil in dressings will solidify when chilled; let vinaigrettes stand at room temperature about 1 hour and shake well before using.

1. GREEN GODDESS DRESSING

In a blender combine 1 cup each **baby spinach** and **fresh basil,** ⅓ cup grated **Parmesan cheese,** ¼ cup each **raw cashews** and **olive oil,** 3 Tbsp. **fresh lemon juice,** 1 small **shallot,** 2 Tbsp. **white wine vinegar,** 2 cloves **garlic,** and 1 tsp. **salt.** Blend until smooth. If needed, add 1 Tbsp. water, 1 tsp. at a time, until desired consistency. Serve immediately or transfer to an airtight container and chill up to 3 days. Makes 1 cup.

PER TBSP. *53 cal, 5 g fat (1 g sat fat), 1 mg chol, 177 mg sodium, 2 g carb, 0 g fiber, 0 g total sugars, 1 g pro*

2. SESAME-GINGER VINAIGRETTE

In a screw-top jar combine ¼ cup each **toasted sesame oil, rice vinegar,** and sliced **green onions.** Add 1 tsp. **sugar,** 2 tsp. minced **fresh ginger,** ¼ tsp. **salt,** and ⅛ tsp. **black pepper.** Cover and shake well. Serve immediately or chill up to 1 week. Makes ¾ cup.

PER TBSP. *42 cal, 5 g fat (1 g sat fat), 0 mg chol, 49 mg sodium, 1 g carb, 0 g fiber, 1 g total sugars, 0 g pro*

5. BUTTERMILK RANCH DRESSING

In a bowl stir together ¾ cup **buttermilk;** ½ cup **mayonnaise;** 1 Tbsp. chopped **fresh parsley;** 1 clove **garlic,** minced; and ¼ tsp. each **onion powder, dry mustard,** and **black pepper.** If needed, stir in additional buttermilk until dressing reaches desired consistency. Cover and chill at least 30 minutes or up to 1 week. Stir before using. Makes 1¼ cups.

PER TBSP. *42 cal, 4 g fat (1 g sat fat), 3 mg chol, 49 mg sodium, 1 g carb, 0 g fiber, 1 g total sugars, 0 g pro*

6. HONEY-MUSTARD DRESSING

In a screw-top jar combine ¼ cup each **coarse ground mustard, olive oil,** and **lemon juice;** 1 Tbsp. **honey;** and 2 cloves **garlic,** minced. Cover and shake well. Serve immediately or chill up to 1 week. Makes 1 cup.

PER TBSP. *42 cal, 3 g fat (0 g sat fat), 0 mg chol, 90 mg sodium, 2 g carb, 0 g fiber, 1 g total sugars, 0 g pro*

1G
ADDED SUGARS
4
0G
ADDED SUGARS
5
1G
ADDED SUGARS
6
1G
ADDED SUGARS
7
0G
ADDED SUGARS
8

BERRY GOOD Popular berry vinaigrettes on the market have around 5 grams of added sugars in a single tablespoon. This version harnesses the natural sweetness of fresh berries for a sweet-tart flavor. If you like, omit the honey and use more strawberries and fewer raspberries for a completely added-sugar-free dressing.

CUT THE SUGAR

A little honey goes a long way. Our Honey-Mustard Dressing cuts the added sugars by one-third compared to popular brands at grocery stores.

3. ITALIAN VINAIGRETTE

In a screw-top jar combine 1 cup **olive oil;** ⅓ cup **red wine vinegar;** ¼ cup finely chopped **shallots;** 2 Tbsp. snipped **fresh basil;** 1 Tbsp. **Dijon mustard;** 2 tsp. **honey;** 2 cloves **garlic,** minced; and ¼ tsp. each **salt** and **black pepper.** Cover and shake well. Serve immediately or chill up to 3 days. Makes 1¾ cups.

PER TBSP. *72 cal, 8 g fat (1 g sat fat), 0 mg chol, 28 mg sodium, 1 g carb, 0 g fiber, 1 g total sugars, 0 g pro*

4. BERRY-BALSAMIC VINAIGRETTE

In a blender combine 1⅓ cups fresh or thawed frozen **raspberries** and/or sliced **strawberries,** ¼ cup **olive oil,** 2 Tbsp. **white balsamic vinegar,** 1 Tbsp. **honey,** and ¼ tsp. each **salt** and **black pepper.** Cover and blend until smooth. Serve immediately or transfer to an airtight container and chill up to 3 days. Makes 1⅓ cups.

PER TBSP. *32 cal, 3 g fat (0 g sat fat), 0 mg chol, 28 mg sodium, 2 g carb, 1 g fiber, 2 g total sugars, 0 g pro*

7. THOUSAND ISLAND DRESSING

In a small bowl stir together 1 cup **mayonnaise** and ¼ cup bottled **chili sauce** (such as Heinz). Stir in 2 Tbsp. each **dill pickle relish,** finely chopped **red bell pepper,** and finely chopped **onion;** 1 tsp. **Worcestershire sauce** or **prepared horseradish;** and ¼ tsp. each **salt** and **black pepper.** If needed, stir in **milk** until desired consistency. Serve immediately or cover and chill up to 1 week. Makes 1½ cups.

PER TBSP. *68 cal, 7 g fat (1 g sat fat), 4 mg chol, 136 mg sodium, 1 g carb, 0 g fiber, 1 g total sugars, 0 g pro*

8. CILANTRO-LIME DRESSING

In a food processor combine 1½ cups packed **fresh cilantro leaves,** ½ cup **sour cream,** ½ tsp. **lime zest,** 3 Tbsp. **fresh lime juice,** 1 Tbsp. finely chopped **jalapeño pepper** (tip, *p. 61*), ½ tsp. **garlic powder,** ¼ tsp. each **salt** and **black pepper,** and ⅛ tsp. **ground cumin.** Cover and process until nearly smooth. With processor running, drizzle in 2 Tbsp. **olive oil.** If needed, drizzle in additional oil, water, or sour cream to reach desired consistency. Serve immediately or transfer to an airtight container and chill up to 1 week. Makes 1½ cups.

PER TBSP. *23 cal, 2 g fat (1 g sat fat), 3 mg chol, 31 mg sodium, 1 g carb, 0 g fiber, 0 g total sugars, 0 g pro*

IT'S PROBABLY NO SURPRISE THAT ADDED SUGARS LURK IN BAKERY FAVORITES. BUT WHAT MAY SURPRISE YOU ARE THESE BREAD RECIPES THAT CUT THE SUGAR

BREAD-WINNERS

BUT STILL BAKE UP SWEET AND TENDER. YOU'LL LEAVE NO CRUMBS WITH PUMPKIN BREAD, ZUCCHINI MUFFINS, SPICE BREAD, AND MORE.

8G ADDED SUGARS

PUMPKIN BREAD

HANDS ON 15 minutes **BAKE** 50 minutes at 350°F **COOL** 10 minutes

1	**cup sugar**
⅔	**cup salted butter, softened**
4	**eggs**
3¼	**cups all-purpose flour**
2	**tsp. baking soda**
2	**tsp. pumpkin pie spice**
1½	**tsp. salt**
⅓	**cup water**
1	**15-oz. can pumpkin**
½	**cup plus 2 Tbsp. roasted, salted pumpkin seeds (pepitas), divided (optional)**

1. Preheat oven to 350°F. Lightly grease two 8x4-inch loaf pans (or two 9x5 pans); line each with a parchment paper sling.* In an extra-large bowl beat sugar and butter with a mixer on medium. Add eggs and beat well.

2. In a large bowl stir together flour, baking soda, pumpkin pie spice, and salt. Alternately add flour mixture and the water to sugar mixture, beating on low after each addition just until combined. Beat in pumpkin. If you like, stir ½ cup pepitas into the batter. Spoon batter into prepared pans. Sprinkle with remaining 2 Tbsp. pepitas (if using).

3. Bake until a toothpick comes out clean, 50 to 55 minutes. Cool in pans on a wire rack 10 minutes. Remove from pans; cool completely on wire rack. **Makes 2 loaves** (12 slices each).

***TIP** Tear off a piece of parchment. Mark and cut the parchment so it is 8 or 9 inches wide (depending on pan size) and overhangs the long sides of the pans by an inch or two. Use sling to remove loaf from pan.

PER SLICE *159 cal, 7 g fat (4 g sat fat), 44 mg chol, 304 mg sodium, 23 g carb, 1 g fiber, 9 g total sugars, 7 g pro*

CUT THE SUGAR

Popular pumpkin quick-bread baking mixes can contain around 15 grams of added sugars per serving. This recipe uses a little less sugar, ensuring the warming spices take center stage—a pumpkin spice-lover's dream!

6G
ADDED SUGARS

PEAR-MAPLE SPICE BREAD

HANDS ON 25 minutes
BAKE 50 minutes at 350°F
COOL 10 minutes

1½	**cups all-purpose flour**
1	**cup whole wheat flour or all-purpose flour**
2	**tsp. baking powder**
1	**tsp. ground cinnamon**
¾	**tsp. salt**
¼	**tsp. ground allspice**
1½	**cups coarsely shredded unpeeled, ripe fresh pears (about 2 pears)**
½	**cup vegetable oil**
¼	**cup sugar**
¼	**cup pure maple syrup**
2	**eggs, lightly beaten**
1	**tsp. vanilla**
1	**cup finely chopped unpeeled, ripe fresh pear (about 1 pear)**

1. Preheat oven to 350°F. Grease a 9x5-inch loaf pan; line with a parchment paper sling (tip, *p. 65*). In a large bowl stir together first six ingredients (through allspice). Make a well in center of flour mixture.
2. In a medium bowl combine next six ingredients (through vanilla). Add pear mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in chopped pear. Spoon batter into prepared pan.
3. Bake until a toothpick comes out clean, 50 to 60 minutes. (If needed, to prevent overbrowning, cover loosely with foil the last 10 minutes of baking.) Cool in pan on a wire rack 10 minutes. Remove from pan; cool completely on wire rack. **Makes 1 loaf** (16 slices).
PER SLICE *178 cal, 8 g fat (1 g sat fat), 23 mg chol, 180 mg sodium, 25 g carb, 2 g fiber, 9 g total sugars, 3 g pro*

SOUR MILK

To make 1¼ cups sour milk, place 4 tsp. lemon juice or vinegar in a glass measuring cup. Add enough milk to make 1¼ cups total liquid; stir. Let stand 5 minutes before using.

8 G
ADDED
SUGARS

QUICK SEED BREAD

HANDS ON 20 minutes **BAKE** 45 minutes at 350°F **COOL** 10 minutes

1½	**cups all-purpose flour**
½	**cup whole wheat flour**
½	**cup packed brown sugar**
½	**cup dry-roasted sunflower kernels**
⅓	**cup flaxseed meal**
2	**Tbsp. sesame seeds**
2	**Tbsp. poppy seeds**
1	**tsp. baking powder**
½	**tsp. baking soda**
½	**tsp. salt**
1¼	**cups buttermilk or sour milk (tip, *above right*)**
1	**egg, lightly beaten**
¼	**cup vegetable oil**
4	**tsp. sesame seeds, poppy seeds, and/or dry-roasted sunflower kernels**

1. Preheat oven to 350°F. Grease a 9x5-inch loaf pan; line with a parchment paper sling (tip, *p. 65*).

2. In a large bowl stir together first 10 ingredients (through salt). Make a well in center of flour mixture. In a medium bowl combine buttermilk, egg, and oil. Add buttermilk mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Spoon batter into prepared pan. Sprinkle with the 4 tsp. seeds.

3. Bake until a toothpick comes out clean, 45 to 55 minutes. Cool in pan on a wire rack 10 minutes. Remove from pan; cool completely on wire rack. **Makes 1 loaf** (14 slices).

PER SLICE *200 cal, 9 g fat (1 g sat fat), 14 mg chol, 216 mg sodium, 25 g carb, 2 g fiber, 9 g total sugars, 5 g pro*

3G ADDED SUGARS

WHOLE WHEAT SWEET POTATO BREAD

HANDS ON 15 minutes **BAKE** 40 minutes at 375°F **COOL** 10 minutes

1 cup all-purpose flour
1 cup white whole wheat flour or whole wheat flour
2 tsp. baking powder
1½ tsp. pumpkin pie spice
½ tsp. baking soda
½ tsp. salt
1 cup mashed cooked, peeled sweet potato (one 8 oz. sweet potato) (tip, *p. 28*)
½ cup sour cream
2 eggs, lightly beaten
⅓ cup milk
⅓ cup vegetable oil
¼ cup sugar
1½ tsp. vanilla
¼ cup chopped pitted dates
¼ cup chopped toasted pecans

1. Preheat oven to 375°F. Lightly grease a 9x5-inch loaf pan; line with a parchment paper sling (tip, *p. 65*).

2. In a large bowl stir together first six ingredients (through salt). In a medium bowl combine next seven ingredients (through vanilla). Add sweet potato mixture all at once to flour mixture. Stir just until moistened. Fold in dates and nuts. Spoon batter into prepared pan.

3. Bake until a toothpick comes out clean, about 40 minutes. Cool in pan on a wire rack 10 minutes. Remove from pan; cool completely on wire rack. **Makes 1 loaf** (16 slices).

PER SLICE *168 cal, 8 g fat (2 g sat fat), 28 mg chol, 192 mg sodium, 20 g carb, 2 g fiber, 6 g total sugars, 3 g pro*

CUT THE SUGAR

Sweet potatoes get their name for a reason. Take advantage of their sweet nature (and nutrients!) to replace the added sugars typically found in baked goods.

CUT THE SUGAR

A typical store-bought muffin mix contains more than double (and sometimes triple!) the added sugars compared to these muffins.

5G
ADDED SUGARS

CHOCOLATE CHIP ZUCCHINI MUFFINS

HANDS ON 20 minutes **BAKE** 18 minutes at 400°F **COOL** 5 minutes

Nonstick cooking spray
1¼ **cups all-purpose flour**
½ **cup quick-cooking rolled oats**
2 **Tbsp. packed brown sugar**
1½ **tsp. baking powder**
½ **tsp. salt**
½ **tsp. ground cinnamon**
¼ **tsp. baking soda**
1 **cup finely shredded zucchini**
¾ **cup milk**
½ **cup vegetable oil**
1 **egg, lightly beaten**
¼ **cup unsweetened Dutch-process cocoa powder**
1 **tsp. vanilla**
¼ **cup miniature semisweet chocolate chips**

1. Preheat oven to 400°F. Line twelve 2½-inch muffin cups with paper bake cups. Coat paper bake cups with cooking spray.

2. In a large bowl stir together next seven ingredients (through baking soda). Make a well in center of flour mixture. In a medium bowl combine next six ingredients (through vanilla). Add zucchini mixture all at once to flour mixture. Stir just until moistened (batter should be lumpy). Fold in chocolate chips. Spoon batter into prepared muffin cups, filling each three-fourths full.

3. Bake until a toothpick comes out clean, about 18 minutes. Cool in muffin cups on a wire rack 5 minutes. Remove from cups; serve warm or cool. **Makes 12 muffins.**

PER MUFFIN *195 cal, 12 g fat (2 g sat fat), 17 mg chol, 198 mg sodium, 19 g carb, 1 g fiber, 5 g total sugars, 3 g pro*

WHEN THE AFTERNOON SLUMP HITS, RECHARGE WITH ONE OF THESE HEALTHY BITES. EACH CONTAINS SWEET INGREDIENTS BUT LIMITED ADDED SUGARS.

SNACK TIME

CRUNCHY, CHEWY, FRUITY, SAVORY, AND, OF COURSE, SWEET—THERE'S SOMETHING FOR EVERYONE.

CUT THE SUGAR

Popular store-bought energy bars and bites can have upward of 7 grams of added sugars.

2G ADDED SUGARS

NO-BAKE ENERGY BITES

START TO FINISH 25 minutes

- **1¼ cups regular rolled oats, toasted (tip, *left*)**
- **½ cup unsweetened shredded coconut, toasted (tip, *left*)**
- **½ cup flaxseed meal**
- **⅓ cup roasted, unsalted sunflower kernels**
- **¼ cup chopped golden raisins, dried cherries, or dried cranberries**
- **1 Tbsp. chia seeds**
- **⅔ cup sunflower butter or almond butter**
- **¼ cup honey**
- **1 tsp. orange zest**
- **1 tsp. vanilla**

In a medium bowl stir together first six ingredients (through chia seeds). In a small bowl combine sunflower butter, honey, orange zest, and vanilla. Add sunflower butter mixture to oat mixture; mix well, using your hands if needed to combine. Using wet hands, shape mixture into 1-inch balls. **Makes 40 balls.**

TO STORE Layer bites between waxed paper in an airtight container. Chill up to 1 week.

PER BALL *67 cal, 4 g fat (1 g sat fat), 0 mg chol, 15 mg sodium, 6 g carb, 1 g fiber, 3 g total sugars, 2 g pro*

GETTING TOASTY

To toast oats and coconut, preheat oven to 350°F. Spread oats on one side of a 15x10-inch baking pan. Bake 10 minutes. Add coconut to other side of pan. Bake until oats and coconut are toasted, stirring once, 3 to 5 minutes; cool.

Finely chopping the salsa components makes it easier to scoop with the plantain chips.

0G ADDED SUGARS

AVOCADO-FRUIT SALSA WITH AIR-FRYER CINNAMON PLANTAIN CHIPS

HANDS ON 10 minutes
AIR FRY 7 minutes per batch

2	green plantains
	Nonstick cooking spray
¼	tsp. salt, divided
¼	tsp. ground cinnamon, divided
3	kiwifruits, peeled and finely chopped (1 cup)
½	of a medium cucumber, seeded and finely chopped (1½ cups)
1	avocado, peeled and finely chopped (¾ cup)
1	medium orange, peeled, white pith removed, and finely chopped (½ cup)
2	Tbsp. lime juice
2	Tbsp. chopped fresh cilantro (optional)
⅛	tsp. chili powder

1. Preheat air fryer to 350°F. Cut both ends of plantains and score along the side through the skin only. Peel skin off and discard. Carefully bias-slice plantains 1/16 to ⅛ inch thick (a mandoline can help with this). Coat plantain slices with cooking spray.

2. Working in batches, arrange plantain slices in a single layer in air-fryer basket (do not overcrowd). Cook until crispy, 7 to 10 minutes, turning slices after 4 minutes. (Keep a close watch; the chips can easily burn.) Sprinkle with ⅛ tsp. each salt and cinnamon while still hot.

3. Meanwhile, in a medium bowl combine kiwi, cucumber, avocado, orange, lime juice, cilantro, chili powder, and remaining ⅛ tsp. each salt and cinnamon. If you like, garnish salsa with additional cilantro and/or chili powder. **Makes 6 servings** (⅓ cup chips + ½ cup salsa each).

PER SERVING *155 cal, 5 g fat (1 g sat fat), 0 mg chol, 105 mg sodium, 30 g carb, 5 g fiber, 15 g total sugars, 2 g pro*

SNEAKY SUGARS Jarred salsas featuring fruity flavors like peach and mango often have 2 to 3 grams of added sugars in a 2-Tbsp. serving. Making your own fruit salsa with fresh fruit provides a refreshing dipper with 0 grams of added sugars.

2G ADDED SUGARS
ALMOND CRISP
1G ADDED SUGARS
TROPICAL
1G ADDED SUGARS
CHEESE AND HOT HONEY
TRAIL MIX
1G ADDED SUGARS

APPLE RINGS

HANDS ON 15 minutes
STAND 5 minutes

- 2 cups water
- 1 tsp. kosher salt
- 1 apple
- Desired toppings

1. In a medium bowl stir together water and salt until salt dissolves. Core apple and cut crosswise into ¼-inch rings (a mandoline can help with this). Place apple slices in water mixture to prevent browning. Let stand 5 minutes. Rinse in a colander under running water. Blot slices dry with paper towels. Top with desired toppings. **Makes 8 apple rings.**

ALMOND CRISP

Pipe ¾ cup almond butter evenly onto tops of apple rings. Sprinkle rings evenly with 2 Tbsp. **crisp rice cereal** and 2 Tbsp. chopped toasted **almonds.** Drizzle with 1 oz. melted **dark chocolate.**

PER APPLE RING *190 cal, 15 g fat (2 g sat fat), 0 mg chol, 75 mg sodium, 10 g carb, 3 g fiber, 6 g total sugars, 6 g pro*

TROPICAL

Pipe ⅔ cup **whipped cream cheese** evenly onto tops of apple rings. Sprinkle rings evenly with 1 Tbsp. each finely chopped **dried unsweetened pineapple,** toasted **unsweetened coconut flakes,** and chopped toasted **macadamia nuts,** and 1 tsp. **lime zest.**

PER APPLE RING *74 cal, 6 g fat (4 g sat fat), 15 mg chol, 63 mg sodium, 6 g carb, 8 g fiber, 4 g total sugars, 8 g pro*

CHEESE AND HOT HONEY

Top apple rings with 4 oz. thinly sliced **Brie.** Drizzle rings evenly with 1 tsp. **hot honey.** Sprinkle rings evenly with 2 Tbsp. finely chopped toasted **walnuts** and 1 tsp. **fresh thyme leaves.**

PER APPLE RING *78 cal, 5 g fat (3 g sat fat), 14 mg chol, 108 mg sodium, 5 g carb, 1 g fiber, 4 g total sugars, 4 g pro*

TRAIL MIX

Pipe ⅔ cup **creamy peanut butter** evenly onto tops of apple rings. Sprinkle rings evenly with 2 Tbsp. snipped **mixed unsweetened dried fruit,** and 1 Tbsp. each chopped **roasted peanuts** and broken **pretzel sticks.**

PER APPLE RING *154 cal, 11 g fat (3 g sat fat), 0 mg chol, 120 mg sodium, 10 g carb, 1 g fiber, 6 g total sugars, 5 g pro*

DRIZZLED

Use a quart-size resealable plastic bag with a corner snipped for piping yogurt, cream cheese, or almond or peanut butter onto apple slices. Spread in an even layer with a small spatula, if needed.

NUTS AND SEEDS ADD DECADENCE WITH THEIR CRUNCHY TEXTURES AND TOASTY BUTTERY FLAVOR, SO YOU'LL NEVER NOTICE THESE TREATS HAD THEIR SUGAR CONTENT SLASHED.

SECRET INGREDIENT: NUTS + SEEDS

PISTACHIOS, PEANUTS, SESAME SEEDS, AND MORE LEVEL UP DESSERTS—INCLUDING REMAKES OF STORE-BOUGHT NUT ROLLS AND DONUTS.

EASY PUMPKIN DROP DONUTS

6G ADDED SUGARS

HANDS ON 20 minutes **FRY** 3 minutes per batch

	Vegetable oil for frying
3¼	**cups all-purpose flour**
4	**tsp. baking powder**
1	**tsp. salt**
¾	**tsp. pumpkin pie spice**
2	**eggs**
1	**cup sugar**
½	**cup canned pumpkin**
¼	**cup salted butter, melted**
¼	**tsp. almond extract**
1	**cup milk**
8	**oz. dark chocolate, finely chopped**
1	**Tbsp. salted butter**
1	**cup finely chopped pistachios**

1. In a deep-fat fryer or large saucepan heat 2 to 3 inches of oil over medium to 365°F. Set a cooling rack over a shallow baking pan lined with paper towels.

2. In a medium bowl combine flour, baking powder, salt, and pumpkin pie spice. In another medium bowl beat eggs and sugar with a mixer on medium 1 minute. Beat in pumpkin, the melted butter, and almond extract. Alternately beat flour mixture and milk into egg mixture on low just until combined.

3. Working in batches of 4 or 5 donuts, gently drop a slightly rounded tablespoon of dough into hot oil. Fry, turning once, until golden brown, about 3 minutes. Transfer to prepared rack over pan.

4. In a small bowl combine dark chocolate and the 1 Tbsp. butter. Microwave in 15-second intervals until melted and smooth, stirring after each.

5. Dip one side of donuts in dark chocolate or drizzle dark chocolate over donuts. Sprinkle pistachios over coated donuts. Let stand until chocolate is set. **Makes 45 (1¾-inch) donuts.**

TO STORE Place plain donuts in an airtight container. Chill up to 3 days or freeze up to 3 months. Before serving, dip or drizzle thawed donuts as directed.

PER DONUT *117 cal, 5 g fat (2 g sat fat), 12 mg chol, 111 mg sodium, 16 g carb, 1 g fiber, 7 g total sugars, 2 g pro*

For more creamy, nutty flavor, ditch the chocolate in favor of no-sugar-added pistachio nut butter. Can't find it in stores? Make your own by processing pistachios until smooth in a food processor.

10G ADDED SUGARS

PEACH-RASPBERRY CRISP

HANDS ON 15 minutes
BAKE 40 minutes at 375°F
STAND 15 minutes

2	**Tbsp. granulated sugar**
1	**Tbsp. cornstarch**
6	**cups fresh or frozen unsweetened peach slices, thawed**
1	**6-oz. pkg. fresh raspberries**
⅔	**cup regular rolled oats**
⅓	**cup all-purpose flour**
¼	**cup packed brown sugar**
1	**tsp. ground cinnamon**
¼	**tsp. salt**
⅓	**cup cold salted butter**
⅔	**cup almonds, coarsely chopped**

1. Preheat oven to 375°F. For filling, in a large bowl combine granulated sugar and cornstarch. Add peaches and raspberries; toss to coat evenly. Transfer fruit mixture to a 2-qt. square baking dish.

2. In a medium bowl combine oats, flour, brown sugar, cinnamon, and salt. Using a pastry blender, cut in butter until mixture resembles coarse crumbs. Stir in almonds. Sprinkle oat mixture evenly over fruit mixture.

3. Bake until fruit filling is bubbly and topping is golden brown, about 40 minutes. Let stand 15 minutes; serve warm. **Makes 8 servings** (¾ cup each).

PER SERVING *279 cal, 14 g fat (5 g sat fat), 20 mg chol, 135 mg sodium, 36 g carb, 5 g fiber, 21 g total sugars, 5 g pro*

Toasted almonds and oats and a kiss of ground cinnamon outshine brown sugar in this still-sweet fruit crisp.

6G
ADDED
SUGARS

CHOCOLATE-SESAME COOKIES

HANDS ON 30 minutes **CHILL** 30 minutes **BAKE** 9 minutes per batch at 350°F

8	**oz. semisweet chocolate, coarsely chopped**
2	**Tbsp. salted butter**
3	**Tbsp. tahini**
⅔	**cup all-purpose flour**
½	**tsp. baking powder**
½	**tsp. salt**
2	**eggs**
¾	**cup packed brown sugar**
1	**tsp. vanilla**
½	**cup plus 2 Tbsp. sesame seeds, toasted (tip, *right*)**

1. In a small saucepan cook and stir chocolate and butter over low until melted. Remove from heat; stir in tahini.

2. In a small bowl stir together flour, baking powder, and salt. In a large bowl beat eggs with a mixer on medium until frothy, about 1 minute. Add brown sugar and vanilla; beat until combined. Beat in chocolate mixture. Beat in flour mixture until combined. Cover and chill until dough is easy to handle, about 30 minutes.

3. Preheat oven to 350°F. Line a cookie sheet with parchment paper. Place sesame seeds in a small bowl. Shape dough into 1-inch balls. Roll balls in sesame seeds to coat. Place balls 2 inches apart on prepared cookie sheet.

4. Bake until cookies are puffed and bottoms are set, 9 to 11 minutes. Transfer cookies to a wire rack; cool. **Makes 42 cookies.**

PER COOKIE *76 cal, 4 g fat (2 g sat fat), 10 mg chol, 44 mg sodium, 9 g carb, 1 g fiber, 7 g total sugars, 1 g pro*

TOAST SESAME SEEDS, STIRRING FREQUENTLY, IN A DRY SKILLET OVER MEDIUM HEAT UNTIL LIGHTLY GOLDEN AND FRAGRANT, ABOUT 3 MINUTES. SESAME SEEDS TOAST QUICKLY, SO DO NOT LEAVE UNATTENDED.

SALTED PEANUT DATE ROLL

0G
ADDED
SUGARS

HANDS ON 15 minutes **CHILL** 2 hours

20	**pitted Medjool dates (10 oz.)**
½	**cup plus ⅔ cup roasted, salted peanuts, divided**
¼	**cup plus 1 Tbsp. unsweetened desiccated raw coconut, divided**
1	**Tbsp. no-added-sugar creamy peanut butter (tip, *right*)**
1	**tsp. vanilla**
	Pinch salt

1. In a food processor combine dates and ½ cup of the peanuts. Cover and pulse until uniformly chopped. Add ¼ cup of the coconut, the peanut butter, vanilla, and salt. Cover and process until a paste forms.

2. Place a large piece of parchment paper or plastic wrap on work surface; transfer date mixture to center. Using edges of paper, roll filling into a log 1½ inches wide and 10 inches long.

3. Chop remaining ⅔ cup peanuts and place in a rimmed baking pan; stir in remaining 1 Tbsp. coconut. Place date roll in the pan and gently roll to coat with peanut mixture, pressing and forming the roll to keep its shape.

4. Wrap roll in plastic wrap and chill until firm, at least 2 hours. Remove plastic and slice into ½-inch-thick pieces to serve. **Makes 18 servings** (1 slice each).

TO STORE Wrap date roll tightly in plastic wrap and chill up to 7 days.

PER SERVING *144 cal, 6 g fat (2 g sat fat), 0 mg chol, 54 mg sodium, 22 g carb, 3 g fiber, 18 g total sugars, 3 g pro*

SNEAKY SUGARS

Some peanut butters contain added sugars. Always check the ingredients list on the products you buy.

CUT THE SUGAR

One store-bought bite-size salted nut roll provides nearly 7 grams of added sugars. Our version replaces the sugary nougat with naturally sweet dates for the chewy texture you crave without the added sugars.

8G ADDED SUGARS

HONEY-SWEETENED PUMPKIN SEED BRITTLE

HANDS ON 10 minutes
BAKE 30 minutes at 300°F

- **¼ cup honey**
- **2 Tbsp. packed brown sugar**
- **2 Tbsp. olive oil**
- **½ tsp. salt**
- **½ tsp. ground cinnamon**
- **1 cup raw pepitas (pumpkin seeds)**
- **1 cup regular rolled oats**

1. Preheat oven to 300°F. Line a shallow baking pan with parchment paper. In a medium bowl stir together first five ingredients (through cinnamon) until combined. Add pepitas and oats. Stir to coat.
2. Using wet hands, pat mixture into a 12x10-inch rectangle in prepared pan. Bake until golden, 30 to 35 minutes. Cool in pan on a wire rack.
3. Break mixture into 2-inch pieces. Store in an airtight container at room temperature up to 1 week or freeze up to 2 months. **Makes 12 servings** (2 pieces each).

PER SERVING *131 cal, 7 g fat (1 g sat fat), 0 mg chol, 99 mg sodium, 14 g carb, 1 g fiber, 8 g total sugars, 4 g pro*

CUT THE SUGAR

Rolled oats and pepitas and just a little brown sugar and honey add mega crunch with half as much added sugar as a typical peanut brittle.

OOEY-GOOEY APPLE AND CHERRY, SO-SMOOTH BOURBON-PUMPKIN, TART KEY LIME, AND FROZEN CHOCOLATY-ESPRESSO PIES HOLD THEIR OWN AT THE DESSERT TABLE.

PIES, OH MY!

THESE RECIPES PROVE YOU DON'T NEED TO ADD MUCH OF THE SWEET STUFF TO END UP WITH AMAZING RESULTS.

CUT THE SUGAR

Bourbon and vanilla bean star in this holiday classic so you don't miss the sweetness from added sugars. Many store-bought pumpkin pies have more than 25 grams of added sugars per slice.

If you like, use a purchased piecrust and bake as directed in Step 2 or according to package directions. But check the ingredients list; some contain added sugars.

9G
ADDED SUGARS

VANILLA BEAN-BOURBON PUMPKIN PIE

HANDS ON 20 minutes **BAKE** 55 minutes at 400°F **COOL** 1 hour **CHILL** 2 hours

1½	**cups all-purpose flour**
1	**tsp. salt, divided**
¼	**cup shortening**
¼	**cup salted butter, cut up**
¼	**to ⅓ cup cold water**
1	**15-oz. can pumpkin**
⅓	**cup packed dark brown sugar**
1	**Tbsp. vanilla bean paste**
2	**tsp. pumpkin pie spice**
4	**eggs, lightly beaten**
2	**Tbsp. bourbon**
1⅓	**cups half-and-half**
	Vanilla Whipped Cream *(p. 19)* (optional)

1. Preheat oven to 400°F. For piecrust, in a medium bowl stir together flour and ½ tsp. of the salt. Using a pastry blender, cut in shortening and butter until pea-size. Sprinkle 1 Tbsp. of the water over part of the flour mixture; toss with a fork. Push moistened portion to side of bowl. Repeat moistening flour mixture, gradually adding water, 1 Tbsp. at a time, until mixture begins to come together. Gather pastry into a ball, kneading gently just until it holds together.

2. On a lightly floured surface use your hands to slightly flatten pastry. Roll pastry into a 12-inch circle. Fold pastry circle into fourths and transfer to a 9-inch pie plate. Unfold and ease pastry into pie plate without stretching it. Trim pastry to ½ inch beyond edge of pie plate. Fold under extra pastry even with the plate's edge; crimp edge as desired. Do not prick pastry. Line pastry with a double thickness of foil. Bake 15 minutes. Remove pie shell from oven and discard foil. Leave oven set at 400°F for baking the pie.

3. Meanwhile, for filling, in a large bowl combine pumpkin, brown sugar, vanilla bean paste, pumpkin pie spice, and remaining ½ tsp. salt. Stir in eggs and bourbon. Gradually stir in half-and-half just until combined.

4. Place baked pastry shell on oven rack; pour filling into pastry shell (you may have excess filling). Cover edge of pie loosely with foil. Bake 20 minutes. Remove foil. Bake until a knife inserted in the center comes out clean, 20 to 25 minutes more. Cool on a wire rack 1 hour. Cover and chill 2 hours or up to 4 days. To serve, if you like, top with Vanilla Whipped Cream and additional pumpkin pie spice. **Makes 8 servings** (1 slice each).

PER SERVING *342 cal, 19 g fat (9 g sat fat), 122 mg chol, 401 mg sodium, 34 g carb, 2 g fiber, 13 g total sugars, 8 g pro*

To maintain a pretty presentation, insert the thermometer probe in between the seam closest to the center of the pie and into the filling.

8G ADDED SUGARS

APPLE PIE

HANDS ON 20 minutes **BAKE** 15 minutes at 450°F + 1 hour at 375°F

1	**recipe Pastry for Double-Crust Pie *(opposite)***
2	**Tbsp. flour* (optional)**
⅓	**cup sugar**
1	**tsp. grated fresh ginger or ½ tsp. ground ginger**
½	**tsp. ground cinnamon**
6	**cups thinly sliced peeled sweet apples (such as Golden Delicious, Honeycrisp, and/or Braeburn)**
½	**cup snipped dried apricots**
	Milk

1. Preheat oven to 450°F. Prepare Pastry for Double-Crust Pie.

2. On a lightly floured surface use your hands to slightly flatten one pastry ball. Roll pastry into a 12-inch circle. Fold pastry circle into fourths and transfer to a 9-inch pie plate. Unfold and ease pastry into pie plate without stretching it. Roll remaining pastry ball into a 12-inch circle. Cut into 2½-inch-wide strips.

3. For filling, in a large bowl combine the 2 Tbsp. flour (if using), the sugar, ginger, and cinnamon. Add apples and apricots; toss to coat. Transfer filling to pastry-lined pie plate. Trim bottom pastry even with edge of plate.

4. Lay strips over filling, overlapping slightly. Trim excess dough. Press strip ends into bottom pastry edge and crimp as desired. Brush top crust with milk.

5. Place a foil-lined baking sheet on oven rack below pie. Bake pie 15 minutes. Reduce oven temperature to 375°F. Bake 60 to 70 minutes more until crust is golden brown and filling is cooked through (205°F) (tip, *above*). If needed to prevent overbrowning, cover pie loosely with foil the last 10 to 15 minutes of baking. Cool completely on a wire rack. If you like, serve dusted with additional cinnamon. **Makes 8 servings** (1 slice each).

***TIP** Add the optional 2 Tbsp. flour if apples are extra juicy.

PER SERVING *396 cal, 18 g fat (7 g sat fat), 15 mg chol, 339 mg sodium, 54 g carb, 3 g fiber, 21 g total sugars, 5 g pro*

MAKE-AHEAD FILLING Toss apples with 1 tsp. lemon juice. Add sugar, 2 Tbsp. flour (if using), ginger, cinnamon, and apricots; toss to combine. Spread apple mixture in a single layer on a parchment paper-lined 15x10-inch baking pan. Freeze until firm, about 1 hour. Transfer mixture to a freezer bag. Freeze up to 3 months. Assemble pie as directed with frozen filling. After reducing oven temperature to 375°F in Step 5, bake 70 to 80 minutes. Cover crust with foil and bake 15 minutes more or until crust is golden brown and filling is cooked through (205°F). Cool completely on a wire rack.

CHERRY PIE

13G
ADDED SUGARS

HANDS ON 30 minutes **BAKE** 15 minutes at 450°F + 1 hour at 375°F

- **4 cups frozen pitted dark sweet cherries**
- **2 cups frozen pitted tart red cherries**
- **½ cup sugar**
- **3 Tbsp. cornstarch**
- **1 recipe Pastry for Double-Crust Pie *(right)***
- **Milk (optional)**
- **No-sugar-added vanilla frozen yogurt or ice cream (optional)**

1. Thaw and drain cherries, reserving ¼ cup sweet cherry juice. In an extra-large bowl stir together sugar and cornstarch. Add cherries and reserved juice; toss to coat.

2. Preheat oven to 450°F. Prepare Pastry for Double-Crust Pie. On a lightly floured surface use your hands to slightly flatten one pastry ball. Roll pastry into a 12-inch circle. Fold pastry into fourths and transfer to a 9-inch pie plate. Unfold and ease pastry into pie plate without stretching it. Roll remaining pastry ball into a 12-inch circle; with a sharp knife cut slits in the top (tip, *below*). Fold into fourths and set aside.

3. Stir cherry mixture; transfer to pastry-lined pie plate. Trim bottom pastry to edge of pie plate. Place the folded pastry on top of filling, gently unfold, and trim edges to ½ inch beyond edge of pie plate. Fold top pastry under bottom pastry; crimp edges as desired. Brush top pastry with milk (if using).

4. Place a foil-lined baking sheet on oven rack below pie. Bake pie 15 minutes. Reduce oven temperature to 375°F. Bake until filling is bubbly in center, about 1 hour more. Cool on a wire rack. Serve with frozen yogurt (if using). **Makes 8 servings** (1 slice each).

PER SERVING *423 cal, 18 g fat (7 g sat fat), 15 mg chol, 338 mg sodium, 60 g carb, 1 g fiber, 25 g total sugars, 5 g pro*

PASTRY FOR DOUBLE-CRUST PIE

In a large bowl stir together 2½ cups all-purpose flour and 1 tsp. salt. Using a pastry blender, cut in ½ cup shortening and ¼ cup salted butter, cut up, until pieces are pea-size. Sprinkle 1 Tbsp. ice water over part of the flour mixture; toss gently with a fork. Push moistened pastry to side of bowl. Repeat moistening flour mixture, using 1 Tbsp. ice water at a time (½ to ⅔ cup total), until flour mixture is moistened. Gather pastry into a ball, kneading gently until it holds together. Divide pastry in half; form two balls.

CUT THE SUGAR

A store-bought cherry pie can have around 20 grams of added sugars in a single slice.

Instead of cutting slits, use a 1-inch round cutter to cut multiple circles from pastry. Assemble as directed, using tines of a fork to seal edge. Bake as directed.

5G
ADDED SUGARS

FROZEN CHOCOLATE ESPRESSO PIE

HANDS ON 15 minutes
CHILL 5 minutes
FREEZE 3 hours **STAND** 15 minutes

Nonstick cooking spray
1½ cups finely crushed chocolate breakfast biscuits (such as BelVita) (6.5 oz. or about 15 biscuits)
⅓ cup salted butter, melted
1½ cups milk
1 1.4-oz. pkg. zero-sugar chocolate fudge pudding and pie filling mix
¼ cup unsweetened cocoa powder
1 Tbsp. instant espresso coffee powder
1 8-oz. container frozen zero-sugar whipped dessert topping, thawed
¼ cup toasted hazelnuts, chopped
Grated bittersweet chocolate (optional)

1. Lightly coat a 9-inch pie plate with cooking spray. In a medium bowl combine crushed biscuits and butter; toss to mix well. Spread in prepared pie plate; press into bottom and sides. Chill while preparing filling.
2. In a large bowl combine milk, pudding mix, cocoa powder, and espresso powder. Whisk 2 minutes. Chill 5 minutes. Fold in whipped dessert topping until combined.
3. Sprinkle hazelnuts in bottom of prepared pie shell. Spoon in filling (pie shell will be heaping full). Freeze until firm, 3 to 4 hours. Let stand 15 minutes on a warm towel before slicing and serving.* If you like, top pie with grated chocolate and additional whipped topping and hazelnuts. **Makes 8 servings** (1 slice each).

***TIP** The warm towel helps the crust soften and makes the pie easier to slice.

PER SERVING *313 cal, 19 g fat (10 g sat fat), 24 mg chol, 301 mg sodium, 35 g carb, 4 g fiber, 8 g total sugars, 5 g pro*

8G ADDED SUGARS

KEY LIME CHEESECAKE

HANDS ON 20 minutes **BAKE** 6 minutes at 350°F **COOL** 45 minutes (crust) **CHILL** 2 hours

14	**graham cracker squares (about 4 oz.)**
¼	**cup roasted pistachio nuts**
¼	**cup plus 2 Tbsp. sugar, divided**
⅓	**cup salted butter, melted**
2	**8-oz. pkg. cream cheese, softened**
2	**tsp. lime zest, plus more for garnish**
¼	**cup Key lime juice**
½	**tsp. vanilla**
1	**8-oz. container frozen whipped dessert topping, thawed (tip, *right*)**
	Chopped pistachios and Key lime slices (optional)

1. Preheat oven to 350°F. For crust, break graham crackers into a food processor. Add pistachios and 2 Tbsp. sugar; process until finely ground. Add melted butter; pulse until mixture resembles damp sand. Transfer crumbs to a 9-inch pie plate and press firmly and evenly over bottom and up sides of dish. Bake until edges are lightly browned, 6 to 8 minutes. Cool completely on a wire rack.

2. For filling, in a large bowl beat cream cheese and remaining ¼ cup sugar with a mixer on medium 30 seconds. Beat in lime zest and juice and vanilla. Fold in about ½ cup of the whipped topping until incorporated. Fold in remaining whipped topping.

3. Spoon filling into crust, smoothing top. Cover and chill at least 2 hours. If you like, top with additional lime zest, chopped pistachios, and/or Key lime slices. Chill, covered, up to 1 week. **Makes 12 servings** (1 slice each).

PER SERVING *313 cal, 24 g fat (14 g sat fat), 52 mg chol, 197 mg sodium, 21 g carb, 1 g fiber, 14 g total sugars, 4 g pro*

SNEAKY SUGARS

Purchased frozen whipped topping contains about 1 gram of added sugars per 2 Tbsp. If you like, use a zero-sugar option instead.

GIVE FREEZER-AISLE TREATS THE COLD SHOULDER AND ENJOY THESE FROM-SCRATCH SUGAR-SLASHED FROZEN GOODIES INSTEAD.

FREEZER PLEASERS

FUDGE BARS, FRUIT POPS,
CHOCOLATE-SWIRLED ICE CREAM, AND MORE
ALL ICE OUT ADDED SUGARS.

7G
ADDED SUGARS

BERRY-MINT GRANITA

HANDS ON 20 minutes **CHILL** 45 minutes **FREEZE** 3 hours

- **1 lemon**
- **1½ cups water**
- **¼ cup honey**
- **3 fresh mint sprigs**
- **2 cups blueberries**
- **2 cups raspberries**
- **Lime or lemon wedges (optional)**

1. Remove 1½ tsp. zest and squeeze 2 tsp. juice from lemon. For syrup, in a small saucepan combine lemon zest, the water, honey, and mint. Bring to boiling over medium; cool. Transfer to a medium bowl; chill, covered, 45 minutes. Remove and discard lemon zest and mint.

2. In a food processor combine blueberries and raspberries; cover and process until smooth. Strain berries through a fine-mesh sieve into bowl of chilled syrup: discard seeds. Stir in lemon juice.

3. Pour berry mixture into a 3-qt. rectangular baking dish. Freeze, covered, until slushy, about 1½ hours. Stir with a fork; freeze, covered, until firm, 1½ to 2 hours more.

4. To serve, use a fork to scrape surface of granita into flakes and spoon into chilled dessert dishes. If you like, serve with additional mint and fresh berries. Freeze, covered, up to 5 days. **Makes 10 servings** (½ cup each).

PER SERVING *51 cal, 0 g fat, 0 mg chol, 0 mg sodium, 13 g carb, 2 g fiber, 10 g total sugars, 1 g pro*

0G
ADDED SUGARS

FRUIT ICE POPS

HANDS ON 15 minutes
FREEZE overnight

- 3 cups chopped fresh FRUIT (options, *right*)
- ¼ to ⅓ cup water
- 2 Tbsp. honey (optional)
- 1 tsp. CITRUS ZEST (options, *right*) (optional)
- 1 Tbsp. CITRUS JUICE (options, *right*)

1. In a blender or food processor combine all ingredients. Cover and blend or process until nearly smooth (tip, *above right*).
2. Pour mixture into eight 3-oz. ice pop molds (tip, *opposite*). Insert sticks in molds. Freeze overnight.
Makes 8 ice pops.

FOR A SMOOTHER POP, BLEND OR PROCESS FRUIT AS DIRECTED IN STEP 1, THEN STRAIN THROUGH A FINE-MESH SIEVE TO REMOVE SEEDS. CONTINUE AS DIRECTED IN STEP 2.

FRUIT Pick one or use a combination of strawberries, blueberries, watermelon, peaches, sweet or tart cherries, honeydew melon, grapes, or other favorite fruit.

CITRUS ZEST AND JUICE
Use lemon, lime, orange, or grapefruit.

FUDGE POPS

6G ADDED SUGARS

HANDS ON 25 minutes **COOL** 30 minutes **FREEZE** 3 hours **STAND** 10 minutes

3	**Tbsp. cornstarch**
1	**Tbsp. sugar**
	Dash salt
3	**cups milk**
6	**oz. bittersweet chocolate, coarsely chopped**
1	**tsp. vanilla**

1. In a medium saucepan stir together cornstarch, sugar, and salt. Gradually whisk in milk. Cook and stir over medium until thickened and bubbly. Cook and stir 2 minutes more. Remove from heat; add chocolate and vanilla. Stir to incorporate chocolate. Cover surface and let cool 30 minutes. Whisk mixture until smooth.

2. Spoon mixture into ten 3-oz. ice pop molds (tip, *below*). Insert sticks in molds. Freeze until firm, 3 to 4 hours. Let stand 10 minutes before unmolding. **Makes 10 ice pops.**

PER ICE POP *149 cal, 7 g fat (5 g sat fat), 6 mg chol, 43 mg sodium, 16 g carb, 2 g fiber, 10 g total sugars, 4 g pro*

NO POP MOLD? If you don't have ice pop molds, use 3-oz. wax-lined paper cups instead. Spoon mixture into cups; cover each top with a piece of foil. Using a small sharp knife, make a slit in each piece of foil. Insert wooden pop sticks into slits. Freeze and serve as directed.

FROZEN
YOGURT BARK

4G
ADDED SUGARS

FROZEN YOGURT BARK

HANDS ON 15 minutes
FREEZE 2 hours **STAND** 5 minutes

1	**32-oz. carton plain whole-milk Greek yogurt**
¼	**cup honey or 2 Tbsp. agave syrup**
2	**tsp. vanilla or 1 tsp. almond extract**
1	**cup desired filling(s), such as berries, chopped dark chocolate, and/or nuts**
2	**cups desired topper(s), such as toasted raw chip coconut, nuts, seeds, fruit (chopped, if large), and/or cacao nibs**

1. Line two large baking sheets or trays with parchment paper. In a large bowl combine yogurt, honey, and vanilla. Stir in desired filling(s).
2. Divide yogurt mixture between prepared baking sheets, spreading to ½-inch thickness. Sprinkle with desired topper(s).
3. Freeze until firm, at least 2 hours. Let stand 5 minutes; break bark into 24 irregular pieces. Freeze in an airtight container up to 2 weeks. **Makes 24 servings** (1 piece each).
PER SERVING *112 cal, 7 g fat (4 g sat fat), 5 mg chol, 14 mg sodium, 9 g carb, 2 g fiber, 6 g total sugars, 4 g pro*

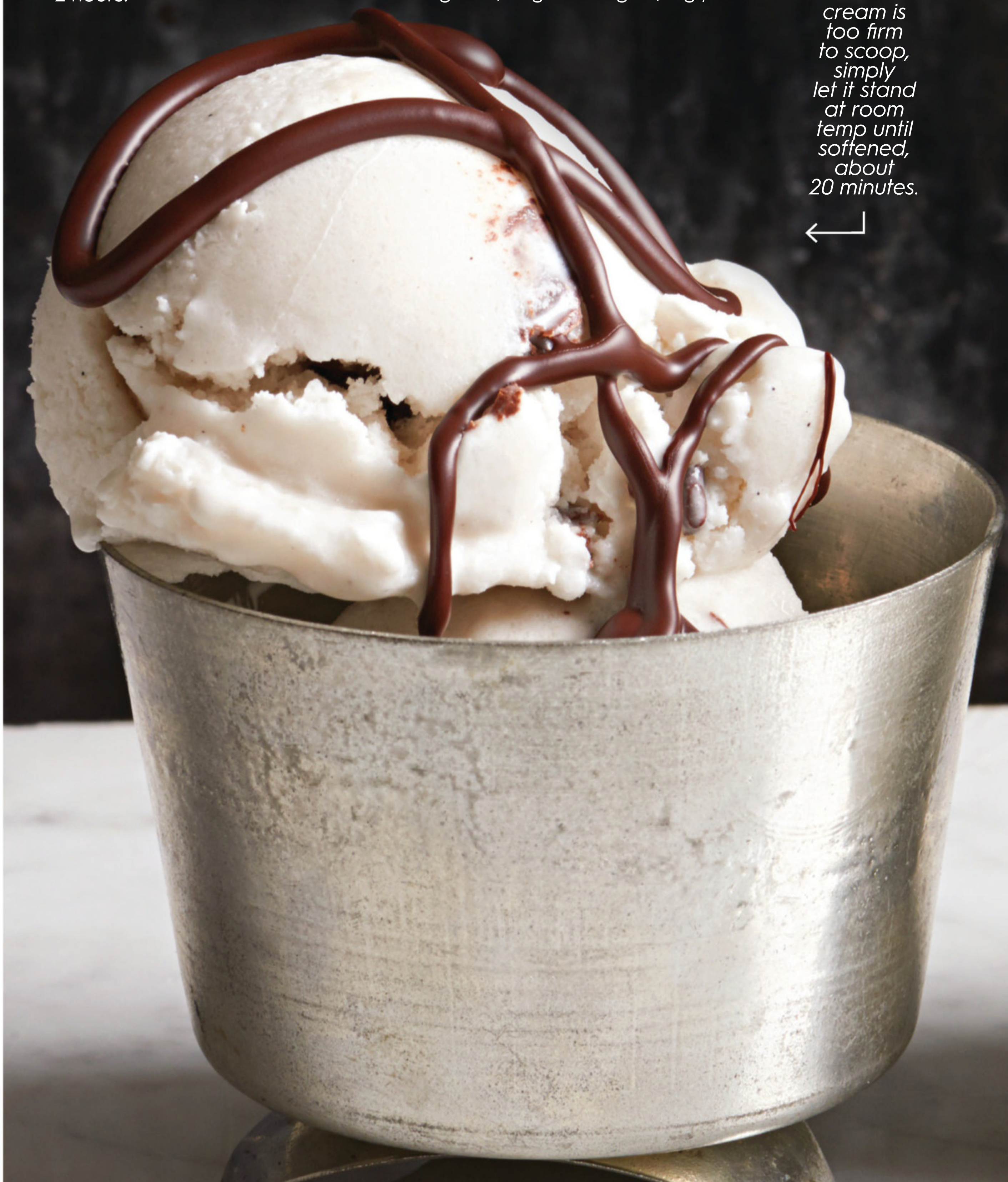
COCONUT STRACCIATELLA ICE CREAM

7G
ADDED SUGARS

HANDS ON 30 minutes **FREEZE** 3 hours

1	**13.5-oz. can unsweetened coconut milk**
1	**Tbsp. honey or agave syrup**
1½	**tsp. vanilla bean paste, 1½ tsp. vanilla, or ½ of a vanilla bean, halved lengthwise**
1	**oz. dark chocolate, chopped**
1	**tsp. coconut oil or vegetable oil**
2	**to 4 Tbsp. milk or nondairy milk**

1. Line a 15x10-inch baking pan with parchment paper. In a medium bowl combine coconut milk, honey, and vanilla bean paste. (If using vanilla bean, in a small saucepan combine coconut milk and honey. Scrape seeds from vanilla bean and add seeds and pod to coconut milk mixture. Bring just to simmering over medium; cool 10 minutes. Remove and discard pod.) Pour mixture into prepared pan and freeze, covered, 2 hours.
2. In a small bowl microwave chocolate and oil until chocolate is softened, 20 to 30 seconds. Stir until smooth.
3. Break frozen coconut milk mixture into pieces and transfer to a food processor. Cover and pulse to a shaved-ice consistency. Gradually add enough of the milk while processing until mixture resembles soft-serve ice cream. Transfer to a freezer container and drizzle with melted chocolate (if you like, reserve some of the chocolate until ready to serve). Freeze until firm enough to scoop, at least 1 hour.
4. To serve, if you like, drizzle servings with any remaining melted chocolate. **Makes 4 servings** (½ cup each).
PER SERVING *245 cal, 21 g fat (19 g sat fat), 1 mg chol, 14 mg sodium, 13 g carb, 1 g fiber, 10 g total sugars, 2 g pro*



If the ice cream is too firm to scoop, simply let it stand at room temp until softened, about 20 minutes.

THERE'S A BETTER SIDE OF BITTER.
RESEARCH SHOWS ADDING A BITTER
INGREDIENT–SUCH AS TURMERIC,
MATCHA, OR DARK CHOCOLATE–

BITTER BITES

TO DESSERTS CAN HELP YOU EAT LESS SUGAR.
AND EACH OF THESE RECIPES
IS SO RICH, IT SQUELCHES A SUGAR
CRAVING IN JUST A BITE OR TWO.

4G
ADDED
SUGARS

MATCHA-GINGER BITES

HANDS ON 30 minutes **CHILL** 1 hour **BAKE** 10 minutes per batch at 350°F
COOL 2 minutes

½	cup shortening
1	Tbsp. matcha (green tea powder)
1	Tbsp. grated fresh ginger or 2 tsp. ground ginger
1	Tbsp. vanilla
1	tsp. lemon zest
¾	cup packed brown sugar
1	tsp. baking powder
½	tsp. baking soda
¼	tsp. salt
2	eggs
2½	cups all-purpose flour
	Green food coloring (optional)
	Unsweetened cocoa powder (optional)

1. In a large bowl combine first five ingredients (through lemon zest). Beat with a mixer on medium until combined. Add brown sugar; beat until fluffy. Beat in baking powder, baking soda, and salt. Beat in eggs. Beat in flour and, if you like, food coloring. Cover and chill 1 hour or until dough is easy to handle.

2. Preheat oven to 350°F. Shape dough into 1-inch balls. Place balls 2 inches apart on an ungreased cookie sheet. Bake until bottoms are light brown, 10 to 12 minutes. Cool on cookie sheet 2 minutes. Remove; cool on a wire rack. If you like, lightly dust with cocoa powder. **Makes 42 cookies.**

TO STORE Layer cookies between waxed paper in an airtight container. Store at room temperature up to 3 days or freeze up to 3 months.

PER COOKIE *69 cal, 3 g fat (1 g sat fat), 9 mg chol, 45 mg sodium, 10 g carb, 0 g fiber, 4 g total sugars, 1 g pro*

MIGHTY MATCHA

The distinctive green tea powder has some serious health benefits. It's rich in antioxidants shown to reduce inflammation, lower blood pressure, and reduce heart disease risk. Matcha is known for its creamy and astringent tasting notes. And paired with ginger and lemon zest, it makes these bites irresistibly poppable.

4G
ADDED SUGARS

MINI TURMERIC UPSIDE-DOWN CAKES

HANDS ON 15 minutes
BAKE 12 minutes at 350°F
COOL 5 minutes

Nonstick cooking spray
2 **small tangerines (unpeeled), thinly sliced and quartered**
⅛ **tsp. kosher salt**
2 **Tbsp. agave syrup**
¾ **cup all-purpose flour**
1 **tsp. ground turmeric**
½ **tsp. baking powder**
¼ **tsp. baking soda**
¼ **tsp. table salt**
¼ **tsp. ground cardamom**
⅓ **cup salted butter, softened**
⅓ **cup sugar**
1 **egg**
⅓ **cup buttermilk**

1. Preheat oven to 350°F. Coat twenty-four 1¾-inch muffin cups with cooking spray. Arrange tangerine quarters in bottoms of prepared cups, overlapping as needed. Lightly sprinkle tangerines with kosher salt and drizzle with agave syrup.
2. In a small bowl stir together next six ingredients (through cardamom). In a medium bowl beat butter and sugar with a mixer on medium until fluffy. Beat in egg. Add flour mixture and buttermilk alternately, beating on low after each addition until combined.
3. Spoon batter into muffin cups, filling each three-fourths full. Bake until a toothpick comes out clean, 12 to 15 minutes. Cool in muffin cups 5 minutes. Remove; serve warm. If you like, drizzle with additional agave. **Makes 24 mini cakes.**

TO STORE Place mini cakes in a single layer in an airtight container. Chill up to 3 days or freeze up to 3 months.

PER MINI CAKE *61 cal, 3 g fat (2 g sat fat), 15 mg chol, 82 mg sodium, 8 g carb, 0 g fiber, 5 g total sugars, 1 g pro*

HEALTH BOOST Not only does brightly hued turmeric add earthy, bitter notes, but it also contains a high level of an antioxidant compound called curcumin. Research suggests turmeric has health-promoting and anti-inflammatory properties.

0G
ADDED SUGARS

DARK CHOCOLATE GRAND MARNIER BITES

HANDS ON 20 minutes
COOL 20 minutes
CHILL 1 hour

8	**oz. 70% dark chocolate, chopped**
¼	**cup heavy cream**
⅛	**tsp. table salt**
1	**Tbsp. Grand Marnier or other orange liqueur**
	Orange zest (optional)
	Very finely chopped dark chocolate (optional)
	Flaky salt (optional)

1. In a small heavy saucepan cook and stir dark chocolate, cream, and table salt over low until chocolate is melted and mixture is smooth. Transfer mixture to a medium bowl. Cool 20 minutes. Meanwhile, trace ten 2-inch circles onto parchment paper. Flip parchment over and use to line a tray or baking sheet.

2. Stir liqueur into chocolate mixture. Beat with a mixer on medium 1 minute. Transfer mixture to a pastry bag fitted with a large star tip. Using the circles as a guide, pipe mounds onto prepared tray. If you like, top with orange zest. Cover loosely and chill 1 to 24 hours. If you like, sprinkle lightly with very finely chopped chocolate and/or flaky salt. **Makes 10 bites.**

PER BITE *160 cal, 12 g fat (7 g sat fat), 7 mg chol, 35 mg sodium, 11 g carb, 3 g fiber, 6 g total sugars, 2 g pro*

GET SALTY
Finish off these desserts with a sprinkle of flaky salt. Adding salt, in addition to a bitter ingredient such as dark chocolate, increases the intensity of sweetness so you can use less sugar in a recipe.

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I LIKE MY MARTINIS DRY AND MY DOGS **ADOPTED.**

CRISTIN MILIOTI AND RUPERT, FOR PETA

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